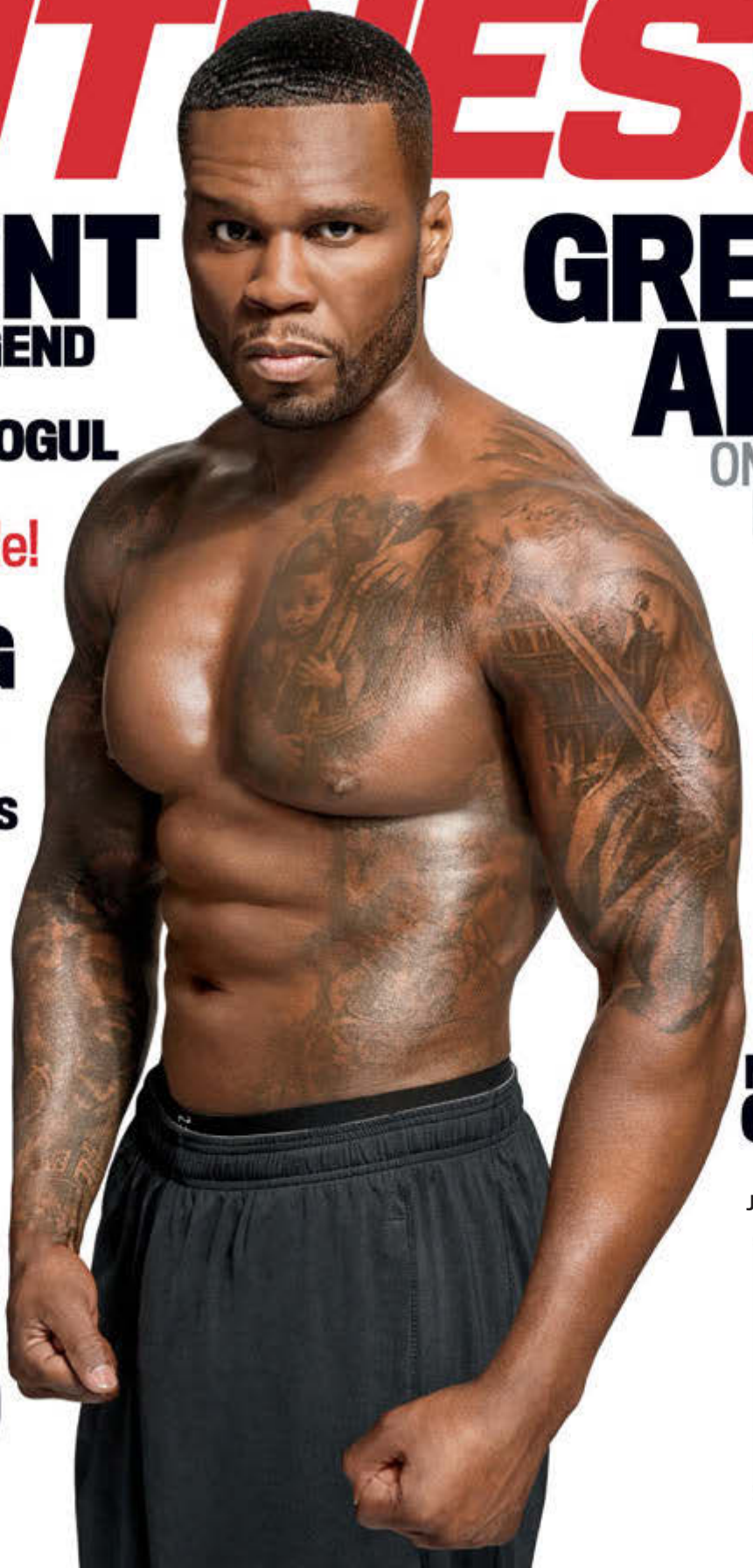
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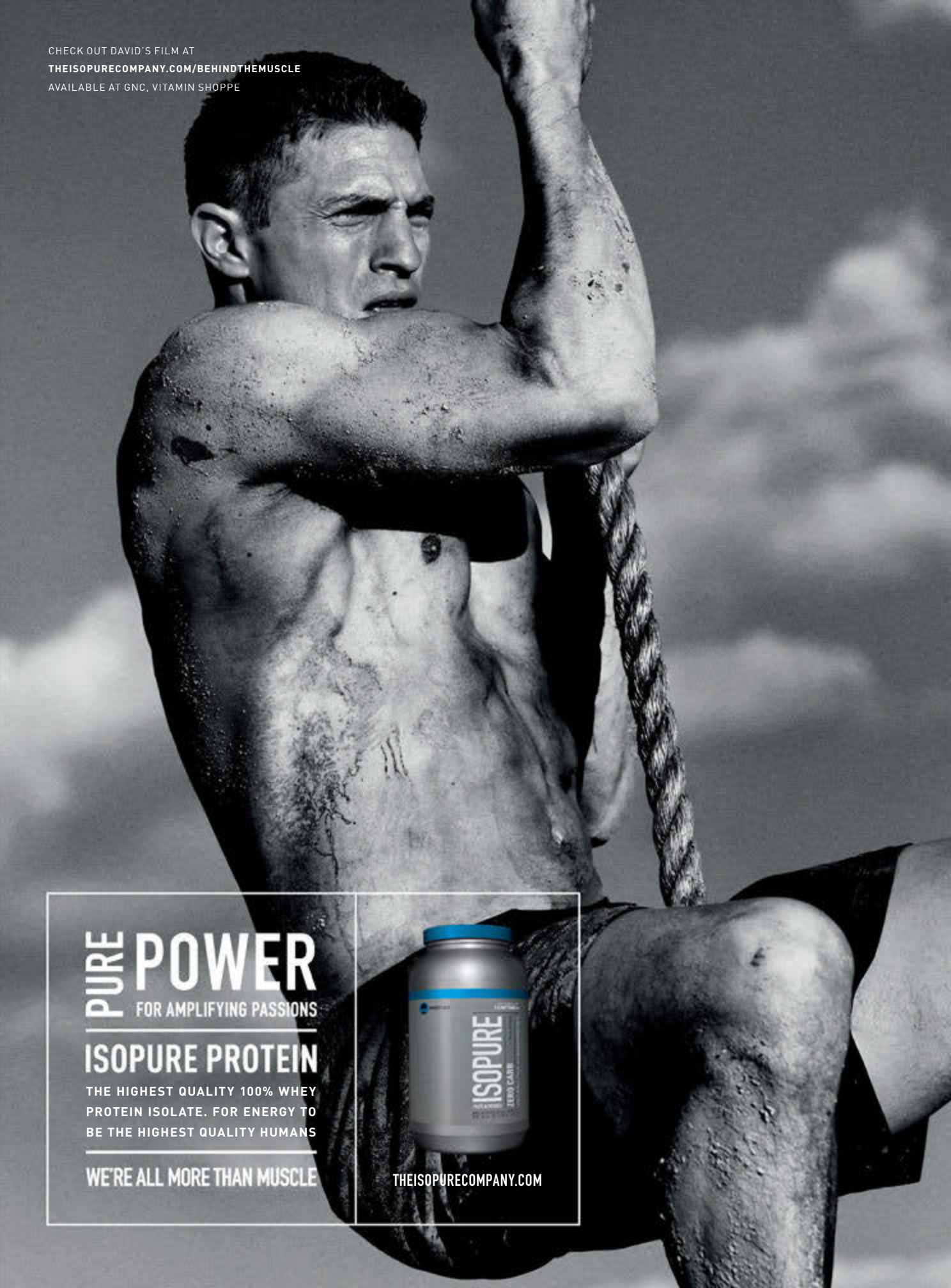
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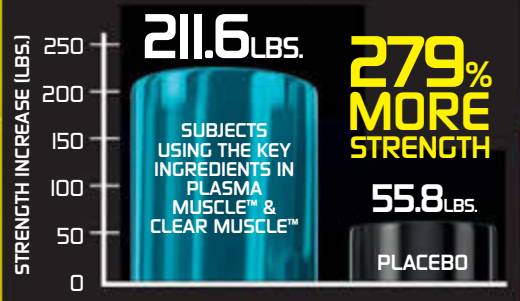
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RAISES THE BAR

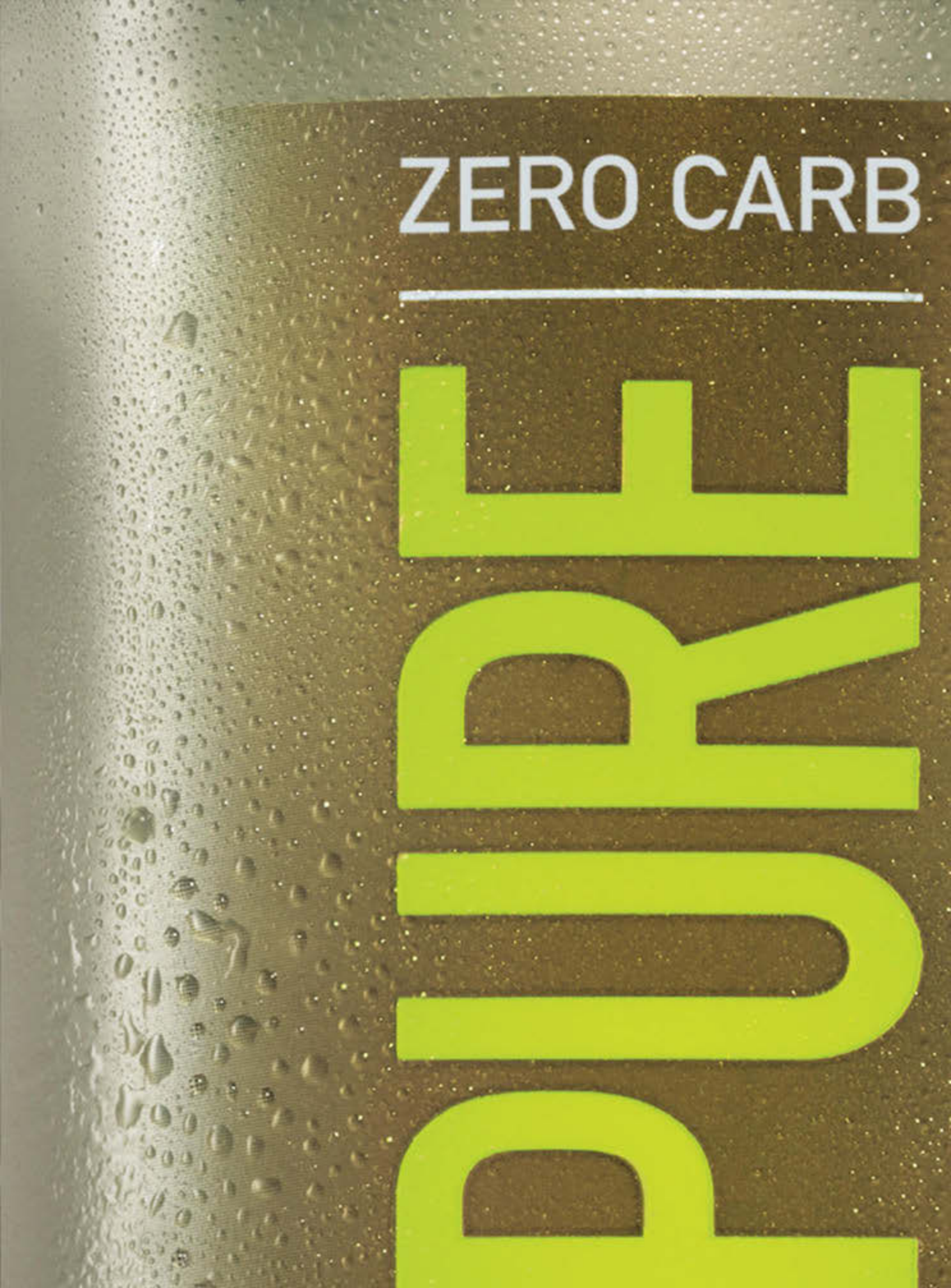


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Inside M&F

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ON THE COVER

Curtis "50 Cent" Jackson
Photograph by Roger Erickson



"STAYING POWER IS SIGNIFICANT...IT MEANS YOU HAVE SOME SORT OF DISCIPLINE."
—50 Cent, p24



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HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



PLAY

MADDEN NFL 16

At age 22, NFL Offensive Rookie of the Year Odell Beckham Jr. is the youngest cover athlete in Madden history. But that's not the only first for *Madden NFL 16*: Touch passes and more realistic rollouts bring the series one step closer to the real thing.
$60, releases Aug. 25



WATCH

MISSION: IMPOSSIBLE ROGUE NATION

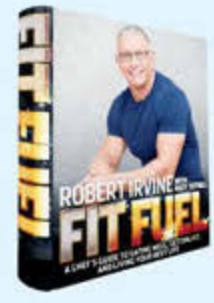
The ageless Tom Cruise is back as Ethan Hunt, whose team goes toe to toe with the Syndicate, assassins dead set on wiping out the Impossible Missions Force.
Releases July 31



WEAR

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There's a reason Dwayne "The Rock" Johnson has worn Roots of Fight T-shirts in every training photo during the past few years: The brand virtually defines high-quality cool, paying homage to history's most revered fighters in the process. This new Cassius Clay jacket looks as good for warmups as it does for a night out.
$140, *rootsoffight.com*



READ

FIT FUEL

Long-time *M&F* contributor Robert Irvine's new book *Fit Fuel* shares the motivation, culinary prowess, and training plan that keeps him ripped at 50.
Order at *fitfuelbook.com*

BO BRIDGES/PARAMOUNT PICTURES

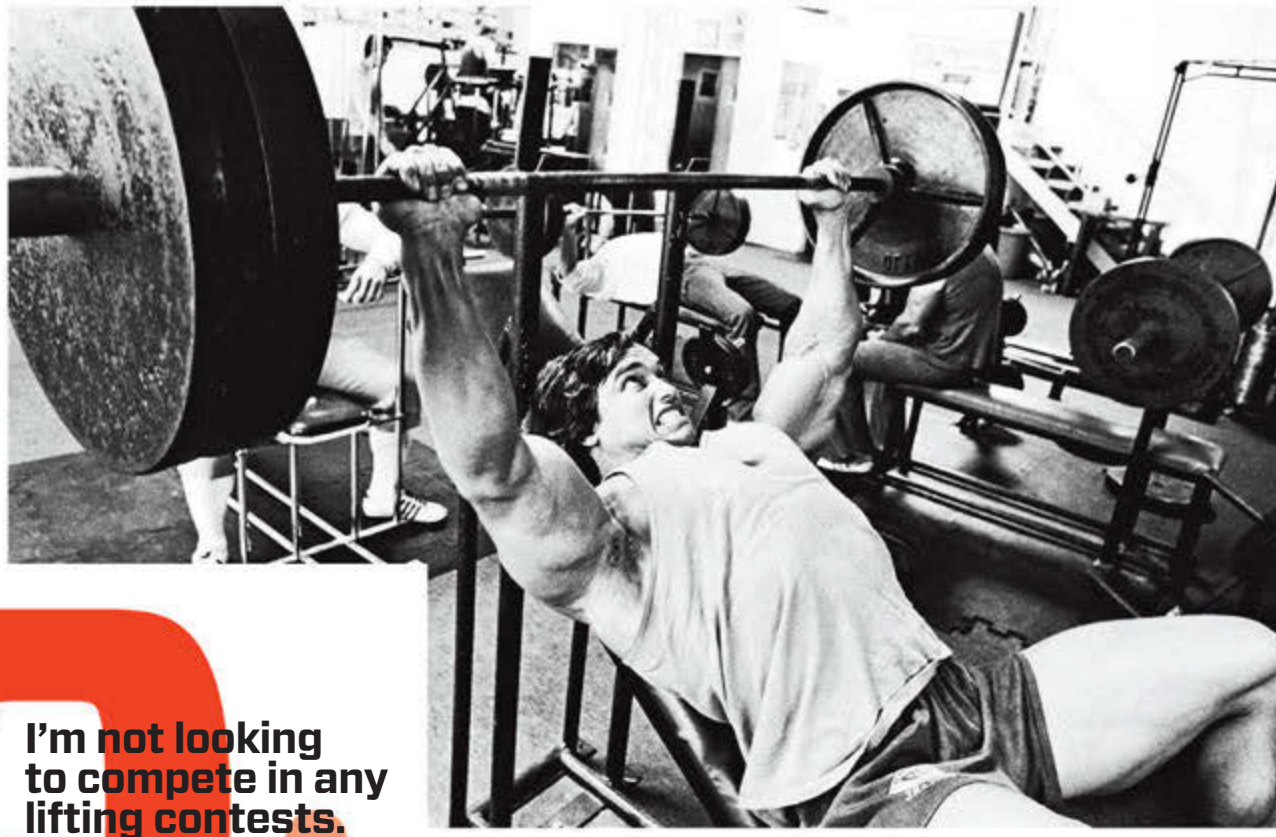

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HAVE A QUESTION for Arnold? Ask it on the ***Muscle & Fitness*** Facebook page for a chance to see it here.



Muscle-Builder Power

No matter what your goal, don't neglect training for strength.



Q: I'm not looking to compete in any lifting contests. Should I bother training heavy at all?

—CHIP O., VIA FACEBOOK

A: I'VE ALWAYS preached the importance of making the mind-muscle connection in your training—focusing on how a weight makes your muscles feel rather than how much you're actually lifting. But that doesn't mean you shouldn't lift heavy. After all, weight training is about progressive overload, and if you don't increase load, your body won't have reason to progress. Plus, a man who doesn't want to be strong is a girly-man.

Every great bodybuilder I know started out with basic movements and trained them heavy. Franco Columbu was a world-class powerlifter; Sergio Oliva went to the Pan American Games as an Olympic weightlifter. I competed in both of these sports while bodybuilding. Heavy training develops muscles to a degree that you can't get from light, pumping workouts. I suggest you devote one day a week to going heavy. Pick a movement like a bench press or deadlift and work up to a few heavy sets of one to six. Then do a back-off set of 10 reps. Not only will this make you look strong, you'll also be able to prove that you actually are when you're put to the test.

Yours in Iron,



Arnold Schwarzenegger

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MUSCLEPHARM

FROM THE CHAIRMAN

Strong & Healthy

Now's the time to show off all your hard work—and reap the benefits for years to come.

THIS IS IT—THE SEASON we've all been waiting for: summer! Between September and May you put in a lot of hard work at the gym and stuck to diets designed to build muscle and strip off fat. Now is the time to show off the fruits of your labor. With the mercury rising ever higher in the thermometer, you have more opportunity than at any other time during the year to display the physique you built during the past nine months.

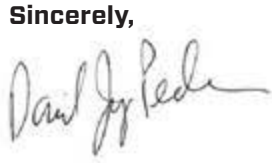
Yet while your appearance is certainly a big motivator in getting you to the gym every day, I hope you consider the health benefits of your lifestyle as well. It may sound trite, but without strong, healthy insides it doesn't matter what you look like on the outside.

Of course we've all seen the sometimes tragic results of people who prioritize appearance or performance to the exclusion of their health. From professional sports to track and field to bodybuilding, there are plenty of cautionary tales about those who thought they were invincible, ignoring common sense as they pursued their goals. Take it from someone in his 60s: You have many more years to enjoy the fruits of your labor. Life is a marathon, not a sprint. Why burn out at 100 meters when you've got a good 26 miles to go?

So go out there and show the world what you've got. And take satisfaction in knowing you didn't take any shortcuts to get there.



Sincerely,



David J. Pecker
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Real Deal

50 Cent doesn't train for roles. He trains for life.



TOE-TO-TOE
50 Cent, right, has words with Joseph Sikora in Starz' *Power.*

I'VE PREVIOUSLY mentioned in this column how we like to feature celebrities on our covers, but that in a specialized world like ours it can be a challenge finding guys who are both recognizable and who truly live the *M&F* lifestyle. In recent years we've had Dwayne Johnson, Terry Crews, Joe Manganiello, Dolph Lundgren, and, of course, Arnold Schwarzenegger grace covers; guys for whom day-to-day serious training is a way of life. They work hard in the gym and are proud of the physiques they've built. Moreover, they consider being on our cover an honor, and appreciate the chance to share their training and nutrition insights with you. These men, regardless of their fame and fortune, are card-carrying members of the "Brotherhood of Iron" and have more than earned that distinction.

There are other actors, however, who are what I refer to as "dilettantes." They dabble in our world, getting into prime shape for a role, and when the cameras stop rolling, return to their regular lifestyle—one that includes a minimum, if any, of time in the gym. The hard-earned muscles slip away as quickly as they came. Without high-paid trainers to keep their training on point, and nutritionists and personal chefs to make sure they eat clean, they quickly revert back to their pre-role bodies. It lends credence to a familiar refrain you'll hear (or utter) when an actor undergoes a transformation: "If I got paid millions of dollars to work out, I could get into that kind of shape, too."

This is why I'm far more impressed by the *M&F* "lifers" rather than the dilettantes. These are guys who live and breathe the lifestyle, whether filming or not. They're guys who were lifting long before they became household names and who will continue to do so till the end. And this is why I'm proud to have 50 Cent on this month's cover. He is a true *M&F*er, having made the gym life as central to existence as music and acting. Be sure to catch 50 in *Southpaw* and in his Starz series *Power* and give his workout a try.



More Power to You,

Shawn Perine
Editor in Chief

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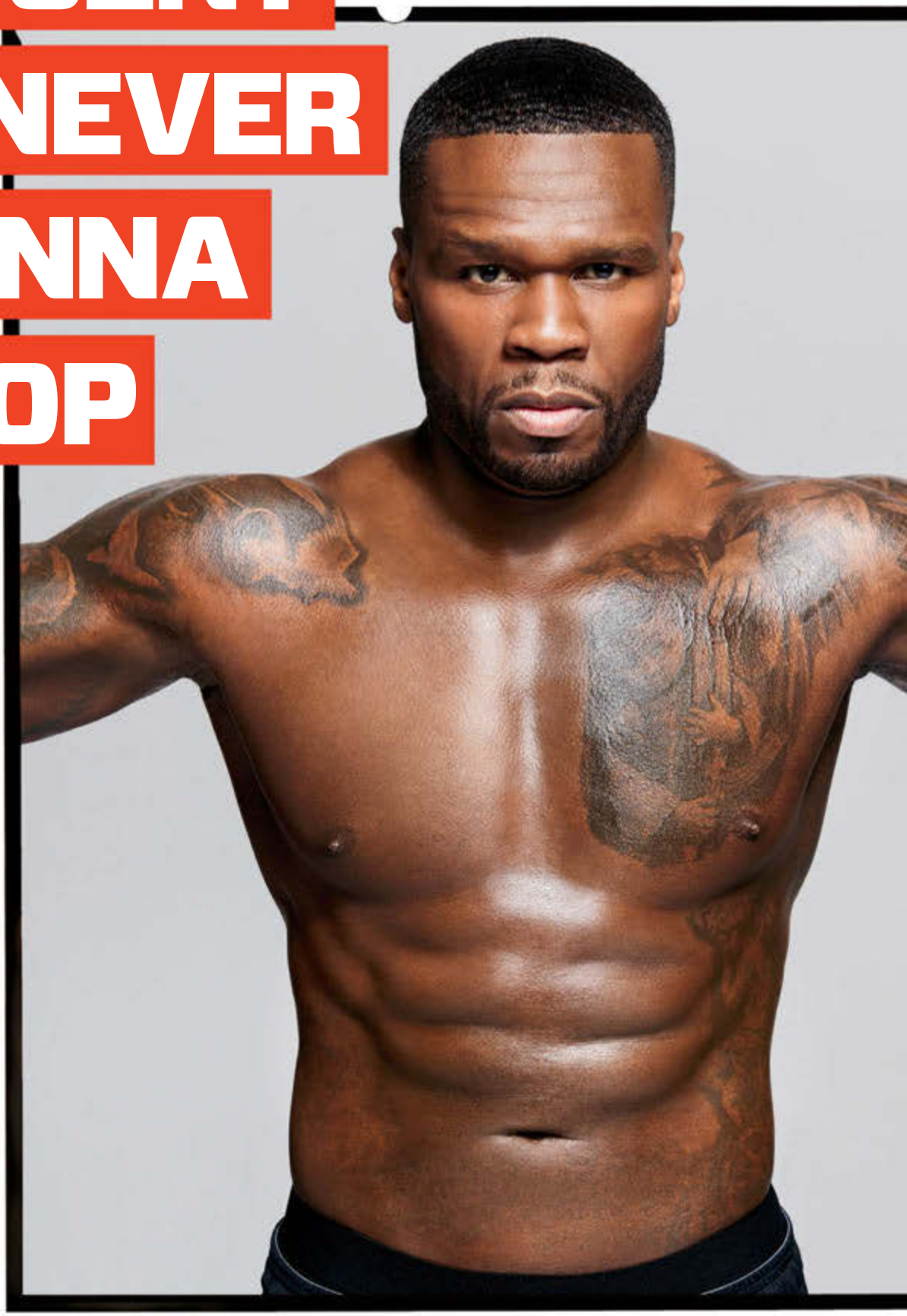
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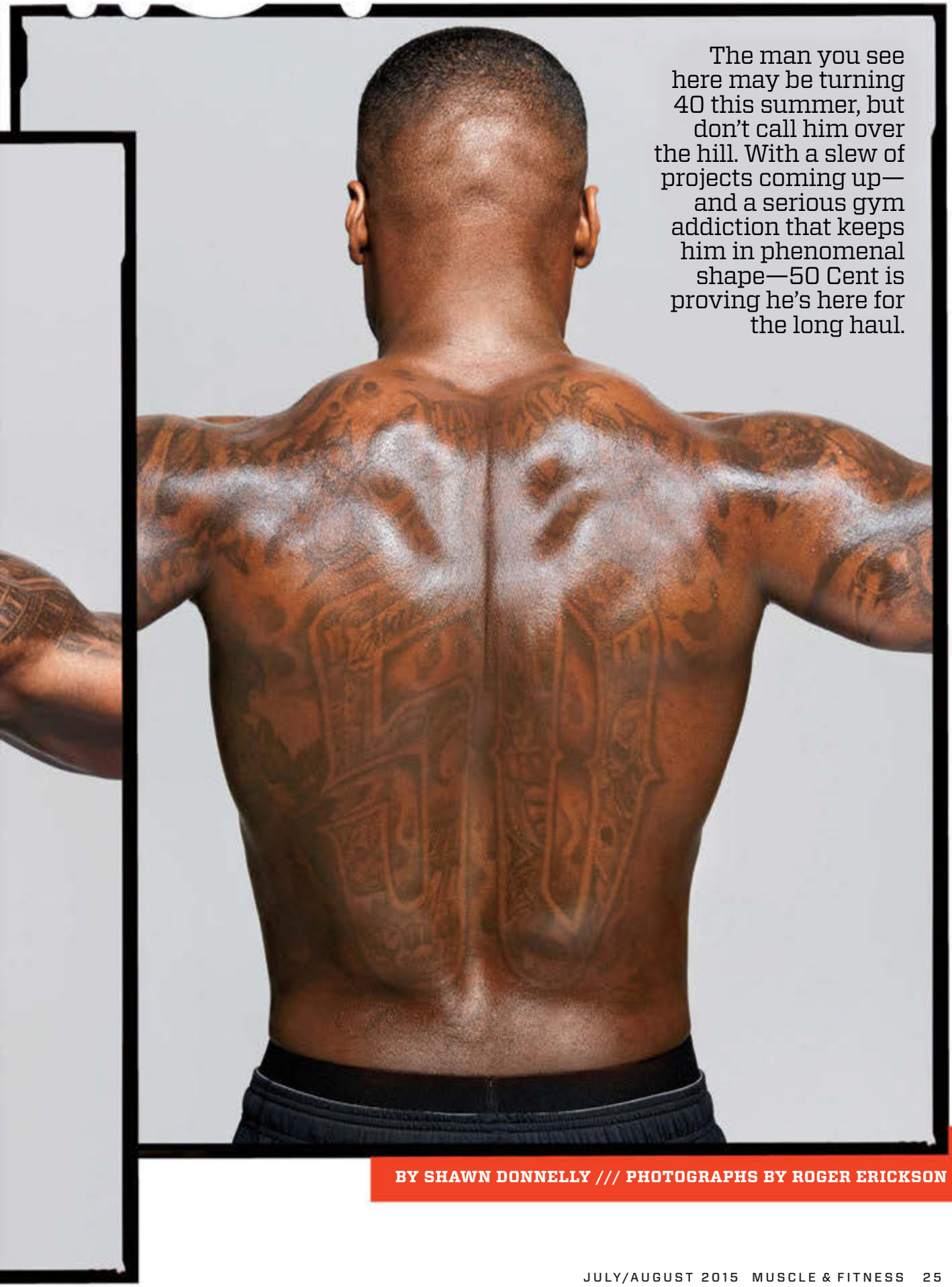
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50 CENT IS NEVER GONNA STOP





The man you see here may be turning 40 this summer, but don't call him over the hill. With a slew of projects coming up—and a serious gym addiction that keeps him in phenomenal shape—50 Cent is proving he's here for the long haul.

BY SHAWN DONNELLY /// PHOTOGRAPHS BY ROGER ERICKSON

IT'S 12:45 P.M. in an upscale fitness studio near Wall Street. Curtis "50 Cent" Jackson stands in front of a photographer and a swarm of hair and makeup people, stylists, publicists, magazine editors, and gym workers. He's shirtless. He's lean. His arms and chest are massive. His skin glistens with baby oil.

He's tall—taller than you might think, if you assume all celebrities are dwarves. He's 6'1", 202 pounds. He should be 198 pounds—the same amount he weighed on the cover of his debut studio album in 2003, *Get Rich or Die Tryin'*—but as 50 will point out throughout the day, he only had a week to prepare for this photo shoot.

On the speakers? "In da Club," of course—50's mega-mega-hit from *Get Rich*. The irresistible bounce of the track has the crew members and publicists bobbing their heads and giggling. It all feels a bit surreal. Or redundant. Or both.

The fact that this is happening 12 years after that song hit the radio—the fact that he's got no fewer than five projects coming out this summer, including a TV show, two movies, a line of underwear, and a new album—isn't lost on 50, who turns 40 on July 6.

"In the beginning they love you," says 50. He tells me this a couple of hours earlier, between sets of 275-pound presses on the incline bench. "Because when you win, it's confirmation that you can come from nothing. Then, when you keep on winning and you keep on winning and you keep on winning...I think the public loves tragedy."

Build you up and then tear you down, I offer.

"Yeah, that's the process."

Everybody likes something new on the scene.

"Uh-huh. Especially in hip-hop. It's a youth culture. So it's fast. It's got a low-attention span. 'Out with the old, in with the new.' People who stick around have significance. Staying power is significant, you

MAKE IT WORK

Sometimes, cardio activities like heavy bag work or battling ropes can play a bigger role than weights in 50 Cent's workout. "It needs to be very adaptable," says 50's trainer, Jay Cardiello. "In some of the cities where he tours overseas, there might not be a gym, or it's just a treadmill. Whatever he's got, he finds a way to make it work."



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know? It means you have some sort of discipline."

Oh, he's got discipline all right. In the gym and out of it. Let's take the gym stuff first. Although he started boxing when he was 12, 50 says he didn't really develop a love for weight training until after his well-publicized attack in 2000, when he was shot nine times from close range (including once in the face).

To recover, he traded New York City for the Poconos, and that's where he found a small gym—"a country shack gym," in his words—in Stroudsburg, PA. "I went every day because there was nothing to do," says 50. "It became a big part of my day. I trained, and I wrote music. That was my focus."

His weight, which was up around 220 or 230 at the time of the shooting, plunged to 168 due to a six-week liquid diet. But his work in the gym helped him pack on 30 pounds of muscle. By the time he appeared on the cover of *Get Rich* in 2003, the public saw a shirtless young man with a shredded physique—a rapper who looked more like a linebacker—



DIPS

After two chest supersets to start his workout, 50 gives his pecs a break by working other parts of his body, but by the end of the workout, he's back at it with four sets of 15 dips. When 50's hotel gym is lacking, trainer Jay Cardiello says 50 will get creative. "He'll do pushups with his hands on pillows."

and promptly bought 872,000 copies in the first four days. *Get Rich* became the best-selling album of 2003 and one of the best-selling hip-hop albums of all time.

You probably know the rest: More hit albums followed. Then movies. Then an investment in Vitamin-water that he cashed out for a cool $100 million. Then a headphone company and a vodka brand. Not bad for a former crack dealer from Jamaica, Queens. (Or anybody else, for that matter.)

These days, 50 hits the gym five days a week, sometimes six. His longtime trainer, Jay Cardiello, puts him through high-intensity workouts that might include everything from pushups and pullups to sledgehammer swings, sprints up sand dunes, jumping rope, dips, and heavy-bag punches. Then 50 will often stay in the gym after the

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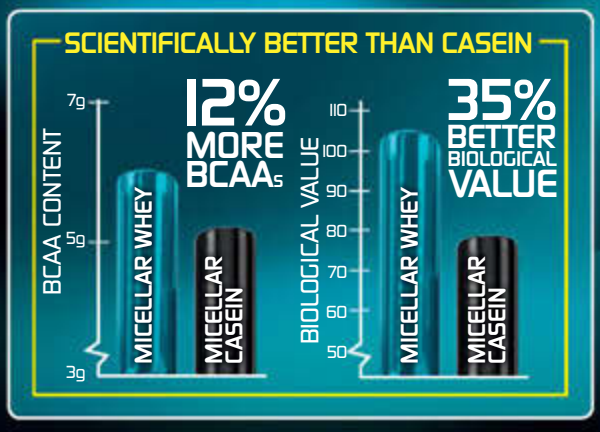
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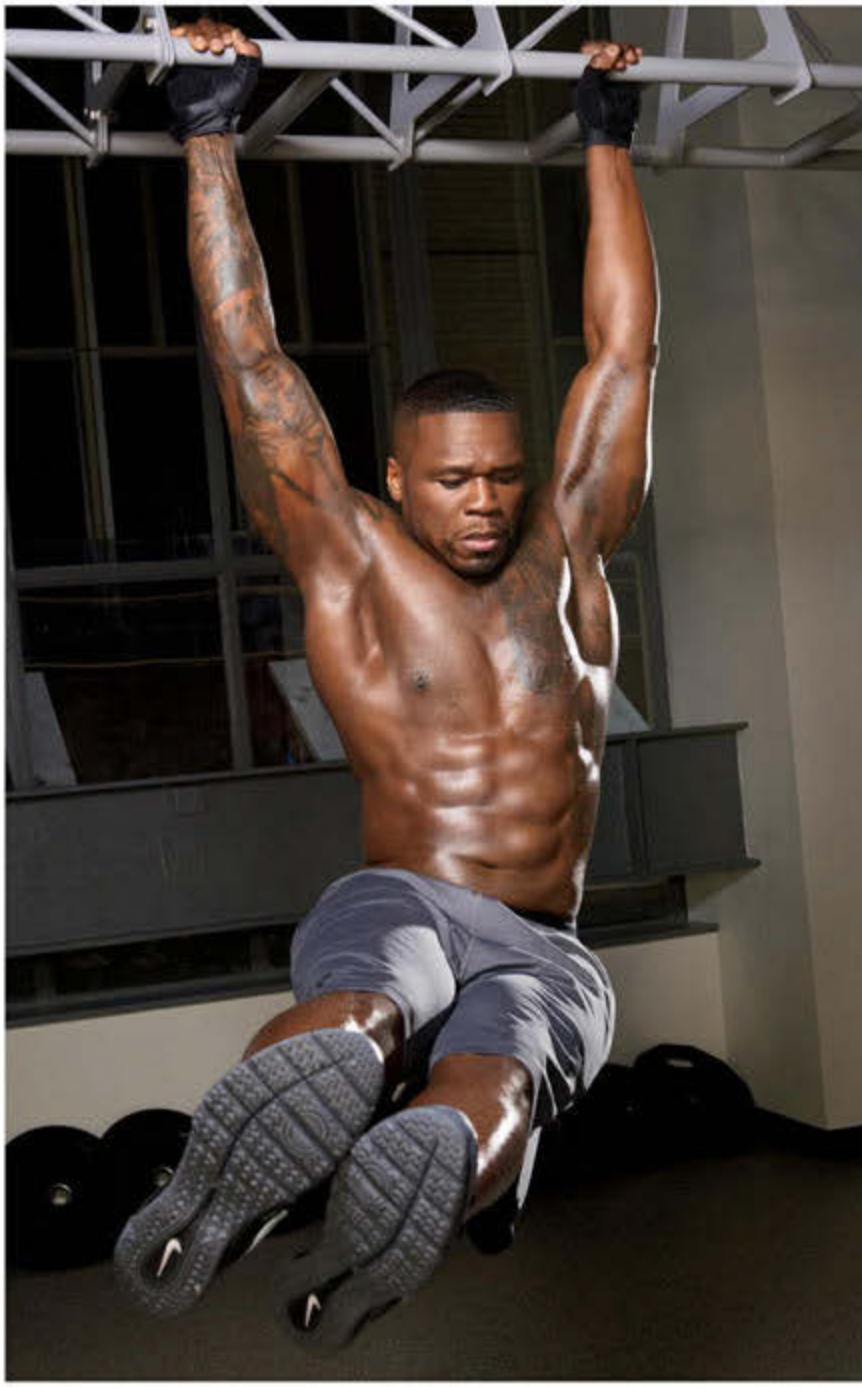
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LEG RAISE
To work his core from all angles, 50 raises his legs for an equal number of reps on each side, on top of doing reps straight down the middle. When he starts to fail, he does knee raises rather than just ending the set.

workouts and lift weights on his own. (At one point he could bench more than 415 pounds.) Cardiello says he's a dream client—one who doesn't smoke or do drugs and rarely drinks.

"He's one of the most disciplined celebrities or laymen I have ever worked with," says Cardiello, who toured around the world with 50 from 2006 to 2010 as his full-time trainer and nutritionist. "His work ethic is unlike anything I've ever seen. I've watched him get out of the recording studio at 5:30 a.m., and at 6 a.m. he's in the gym. Then later that day he'd want to train again. I'd have to stop him."

50 isn't afraid to manipulate his weight for a role, either. For the movie *All Things Fall Apart,* he lost 55 pounds via a liquid diet and lots of cardio. When he was traveling during that time, he says he would jump out of the car that was taking him from the airport to the hotel and run alongside it.

"The illest shit is people would be outside the hotel waiting for us, and they wouldn't see me run in. Because they're waiting for 50 Cent to come in the car. I run right past them in my sweat suit."

It's a good thing 50's working out like a beast in the gym, because he needs the energy it provides for all his projects. First there's his long-awaited new album, *Street King Immortal,* which will be released in September and features guest spots by Eminem, 2 Chainz, Jeremih, and T.I. (The first single from the album, "Get Low," dropped in May.)

"I'VE LEARNED ENOUGH ABOUT MYSELF TO KNOW I'LL ALWAYS BE INTO SOMETHING NEW. I'VE BEEN LIKE THIS MY WHOLE LIFE."

Then there's all his acting work. 50 plays himself in the big-budget comedy *Spy* with Melissa McCarthy and Jude Law. He portrays Jake Gyllenhaal's manager and friend

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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

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in *Southpaw,* a gritty, *Rocky*-type film from the director of *Training Day* that used actual HBO boxing cameramen to shoot the in-ring fight scenes.

And he's back as bad-guy Kanan on the second season of the Starz show *Power,* a crime drama that centers on a nightclub owner/drug kingpin. 50 also provides original music for the show and serves as its executive producer—and don't think for a second he's a producer in name only.

"He's all over the show," says Courtney Kemp Agboh, *Power*'s creator and showrunner. "He and I will get on the phone and we'll talk for an hour or two hours and we'll come up with scenes or character moments or good beats. Honestly, he's got a better grasp on story than some of the TV writers I've worked with over the years, because rappers tell complete stories—with beginnings, middles, and ends—in four minutes."

Agboh also notes that the show leans heavily on 50's athleticism and physical presence as an actor. "He kicks somebody's ass in the first episode of Season 2, and it's a brutal fucking fight," she says. "If you want to see 50 do awful, awful things, please watch *Power,* Season 2."

Finally, there's the underwear line for men. It's called Frigo, (which comes from the Latin word for *roast*). Derek Jeter, Carmelo Anthony, and Timbaland are also involved. 50 designed his own line for Frigo called Frigo Crown, and to promote it he will appear on a

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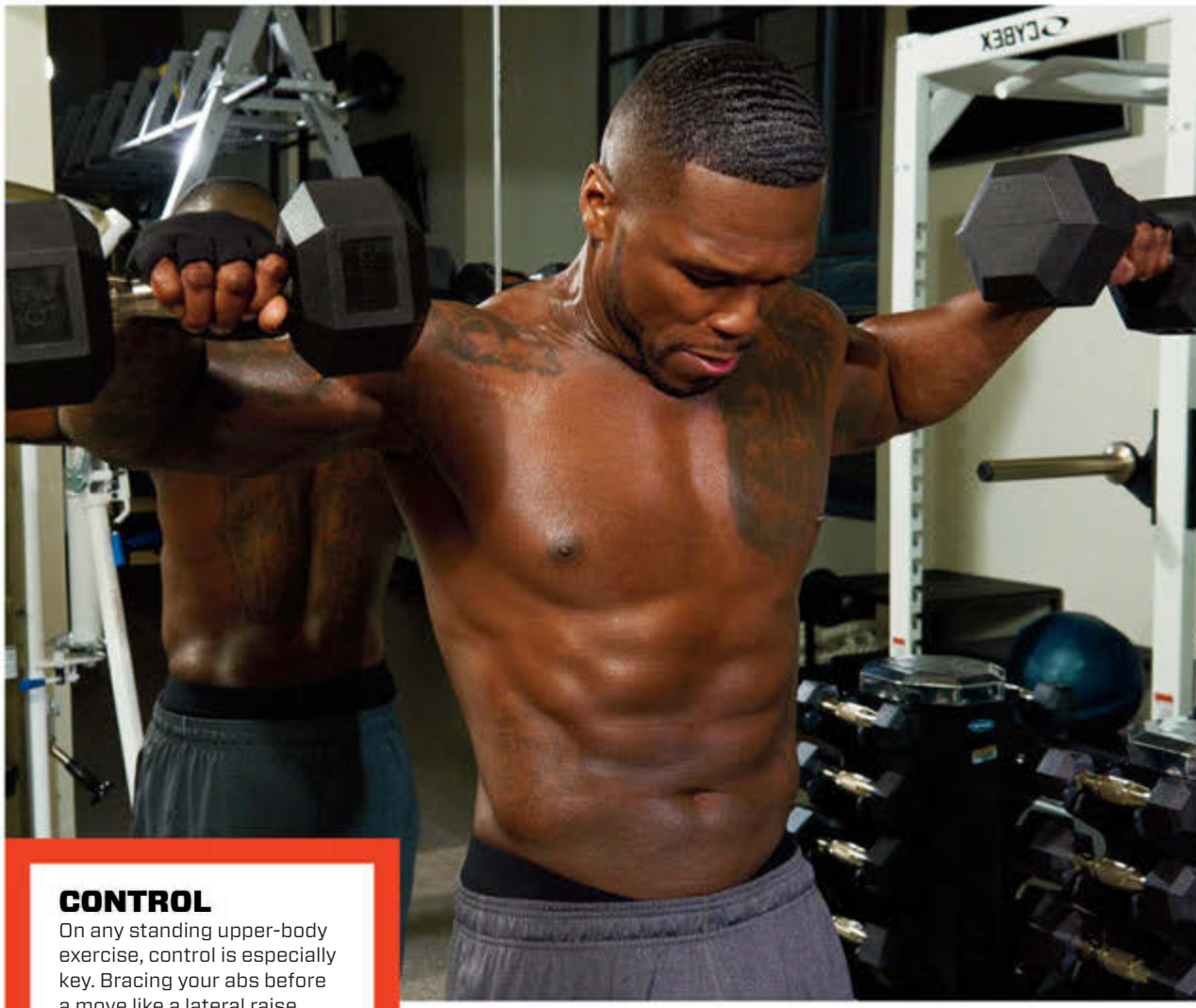
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billboard in Times Square later this summer or early fall in nothing but his skivvies. To prepare for the shoot, 50 worked out twice a day for a month. But just like with *Power,* he's not merely a face (or body) for the project. He's got his fingerprints all over the business.

"He probably saved us millions of dollars on stupid decisions we were going to make," says Mathias Ingvarsson, the founder and CEO of Frigo's parent company, RevolutionWear. "One thing he said is don't advertise too much because social media has the most power. Get a couple of big billboards in major markets and some TV ads and you're all set. Because of him we made a campaign that cost a lot less."

His worldwide reach doesn't hurt the brand either. "I was after 50 long before I got to the U.S., back when we were testing Frigo in Europe," says Ingvarsson. "He's the best promoter I think there is. In Europe everyone knows 50. China knows 50. Everyone loves 50."

Back in the gym, I ask 50 about his workload, if it ever becomes too much. All the projects, all the appearances, all the demands.

"It's nonstop," he admits. "You keep going. It's the whistle-while-you-work concept. When you love what you're doing, it's not difficult. You know, this is a lifestyle for me."

He says the key to his success—in all of these different areas—is he doesn't see limitations.

"I've learned enough about myself to know that I'm always going to be into something new," he says. "It's never going to end. I've been like this all my life. I always put something in front of me. I come up with something to be excited about and work on. And then I go get it." MF

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50 SAID WHAT?

50 CENT WAS CRACKING JOKES THROUGHOUT OUR PHOTO SHOOT. HERE ARE JUST A FEW OF HIS REJOINDERS.

The Rock uses some big-ass weights. I can't do that and not look like the security.

Oh, man, this girl last night was amazing. I think I'm pregnant.

If you ever go in the gym and you're the best-looking person there, you're in a bad gym.

198 pounds. That's really where I'm supposed to be at. When I start to get to like, 204, 205, I look like the Hulk. My shit be bubbled up!

I just got back from XS in Vegas. It was crazy. There were 5,000 people at a pool party at night. There's two-pieces everywhere. In New York City, when you see a two-piece, you're in a hotel room.

If a person who has a camera listens to you, he's not a real photographer.

With the *Power* series, we made a huge audience feel like the lead character could die. Think about the last time you watched a film where you felt like the star was going to die. It doesn't happen. You watch the movie—Bruce Willis is gonna make it.

There's a place for bad music. It's called television.

Every time a man's problem walks in, it walks in on heels.

50'S WORKOUT

The following is an example of what a typical workout looks like for 50 Cent. It was designed by 50's long-time trainer and *M&F* adviser, Jay Cardiello (*cardiellofitness.com*). "One of the biggest things for him is he needs to be able to run around with a microphone and perform for two-plus hours," Cardiello says. "I don't think most people realize how draining that is." To build cardiovascular endurance while continuing to build the shape 50 wants, Cardiello uses a lot of supersets; for example, 10 pushups after every set of bench press.

EXERCISE	SETS	REPS
Barbell Bench Press	4	12, 10, 10, 8
SUPERSET WITH **Pushup**	4	10
Dumbbell Incline Press	4	10
SUPERSET WITH **Pushup**	4	10
Jump Rope	3	2 min.
Heavy Bag Boxing Rounds	4	3 min.
Lateral Raise	4	15
Leg Raise*	3	10

*Do 10 reps straight on, 10 reps with a twist to the right, and 10 reps with a twist to the left.

ONE AT A TIME

Chest is definitely 50's strong suit. "He has a max bench of 415," Cardiello says. In addition to traditional chest moves, Cardiello adds in unilateral floor presses, which no doubt helped 50 show off for this shot.



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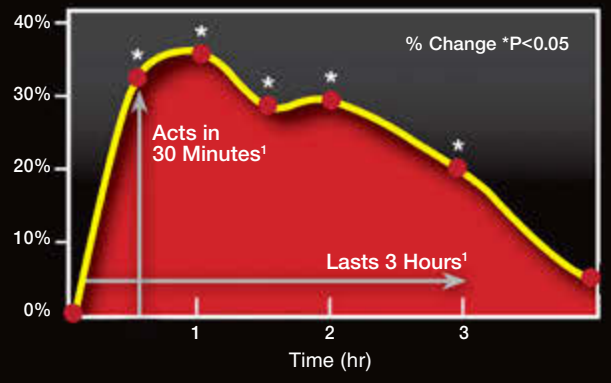
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IRON MAIDEN
Social media sensation Emily Skye is as smart as she is beautiful, p40.

SPORTS
Train like UFC title contender Conor McGregor, p52.

INSPIRATION
Ned Norton sends hope around the world, p58.

GEAR
The hottest gear picks for the summer months, p60.

EDGE

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Size Doesn't Matter

PAUL RUDD obviously didn't need to get jacked to play Ant-Man. But he did need to get lean, athletic, and stronger than he'd ever been.

MAKING A SUPERHERO MOVIE called *Ant-Man* would almost seem like an act of hubris. Then again, it's from Marvel Studios, which can't seem to miss with any idea these days. Operating with the same kind of can't-miss success rate is the team at CrossFit BMF, Duffy Gaver's Santa Monica training facility that helped transform many of Marvel's superheroes, including Chris Hemsworth and Scarlett Johansson.

"Paul shows up focused, determined, and ready to work," personal trainer Brendan Johnston says. "He literally won't stop until the job is done. He's always looking to do more."

Brendan Johnston of CrossFit BMF, with support from New York–based trainer Richard Louis, devised a training plan for the 46-year-old actor with the seemingly modest goals of getting Rudd functionally fit and symmetrically aesthetic.

Johnston said Rudd gained noticeable size on his chest, arms, and legs while his waist shrunk and body fat dropped.

"He was much more athletic," Johnston says. "Stronger, faster, and agile. He didn't want to just look like a superhero. He had to move, run, jump, and fight like one, as well."

The film, which hits theaters on July 17, seems to have a more comedic tone than other superhero films, but that didn't transfer to the weight room, where Rudd was all business.

"His work ethic is relentless," Johnston says. "He sets his mind to something and doesn't stop till the job is done. From strict diet, to supplementation, to working out at 5 a.m. He never complained. He only worked."

ZADE ROSENTHAL/® MARVEL 2014

PAUL RUDD'S WORKOUT

The following is a sample of Paul Rudd's Ant-Man workout, provided by CrossFit BMF in Santa Monica, CA. The two circuits below constitute a single chest and back workout. For workout videos and inspiration, like the CrossFit BMF page on Facebook.



CIRCUIT I

Directions: Do 6 rounds of the following exercises, resting only 1 minute at the end of the circuit. Pick the heaviest weight you can manage on each exercise.

EXERCISE	REPS
Dumbbell Bench Press	10
Dumbbell Row	10 each arm
V-up	25
Double-under*	30 seconds

*Jump rope, swinging the rope under your feet twice on each jump.

CIRCUIT II

Directions: Do 6 rounds of the following exercises, resting only 1 minute at the end of the circuit. Pick the heaviest weight you can manage on each exercise.

EXERCISE	REPS
Dumbbell Chest Flye	10
Weighted Pullup OR Lat Pulldown	10
Medicine Ball Slam (20-lb ball)	20
Oblique Crunch	25 each side



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Skye's the Limit

Australian fitness expert and model **EMILY SKYE** isn't afraid to show her flaws, as long as it inspires her six million social media followers to achieve their goals. Still, we can't find any flaws here. Here's what you need to know about her.

BY PAMELA NULLET



SHE...

...Loves it when a guy can talk anatomy and physiology. "I'll be mesmerized for hours."

...Sweats it out in the gym trying to grow her butt.

...Worked as a magician's assistant and once got trapped in the illusion box, splitting her dress, making for an exciting and raunchy show.

...Enjoys chilling out to deep house music.

...Has a rack of ribs and fries when she wants to indulge.

...Wants to play a superhero, particularly Lara Croft or Wonder Woman.

...Overcame fear of public speaking by going on Australia's biggest morning show.

...Was teased in school for running like the Terminator.

...Feels sexiest when she's been swimming in the ocean, her hair goes curly, and she's "salty, tanned, and fresh."

...Receives requests for photos of her feet.

...Grew up climbing trees, playing with remote control cars, and chasing other girls around with creepy-crawlies.

...Is turned on by respect. "Gentlemen will never go out of fashion. They get me every time."

...Owns a custom dirt bike, complete with a personalized pink sticker kit.

...Can make her eyebrows dance to music.

...Feels inspired. "When people tell you that you can't do something, it's usually because they couldn't do it themselves. If you've got a dream, you gotta go for it!"



FIND EMILY ON Twitter: *@missemilyskye*, Instagram: *@emilyskyefit*, Facebook: *emilyskyemodel*, Website: *emilyskye.com*

PER BERNAL

Bill Goldberg

The actor, television personality, and former WWE Superstar is training like a fighter. It's only a matter of time before we know who's next.

BY MARK BARROSO

***M&F:* How are you training these days?**
I train Muay Thai and lift weights three to six times a week. Today is the "hour of power," an hour of throwing 100% power shots. You jab, right cross, hook, right cross, then kick.

When did you develop a passion for Muay Thai?
In 1999, I sought out one-on-one Muay Thai training to prepare for wrestling in Japan. That started my love for the sport.

Do you plan to compete in combat sports?
Glory kickboxing offered me a fight, but it was too soon. If Goldberg is going to fight, there has to be proper buildup. Don't think I'm training this often if I don't intend to fight.

What's the worst damage you've done with your finishing move, the Spear?
I'd imagine a couple of knees were torn up—all unintentional. It's just the nature of the beast.

What's your favorite moment in professional wrestling?
After I beat Hulk Hogan in Atlanta for the title, my former Atlanta Falcons teammates came to see me. Seeing their enjoyment was really cool because I tried to emulate them in my rise to the NFL. They wanted to be me that night.



LISTEN UP
Tune in to Goldberg's podcast "Who's Next with Goldberg" on iTunes and *podcastone.com*.

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75 YEARS OF *M&F*

Role Reversal

Tough guy, tiny dumbbell. A look back at one of the strangest covers in *M&F* history. BY MATT TUTHILL

MAYBE SINCE *HILL STREET* *Blues* was a gritty cop drama ahead of its time, we felt we could get a bit ahead of the curve as well. So for our July 1985 cover, we took *Hill Street* star and former NFL running back Ed Marinaro, handed him a tiny dumbbell, and stuck him in a feminine pose that was typical of covers back then. Female bodybuilder Peggy Bertelsen, meanwhile, assumed the dominant masculine pose, for a cover that, while we can appreciate the sentiment, doesn't hold up too well. I mean, we're glad the photo shoot turned out to be fun, but...that's REALLY the cover? (Apparently, we tried it both ways, since the two swap positions for the feature. In fact, the cover we went with was the better of the two.)

Luckily, the inside of this classic fared much better. Marinaro talks about how fitness helped his confidence as he transitioned from pro sports to acting, and there are well-fleshed-out features on the Weider principles, and the subtler arts of staying motivated and visualizing one's goals.

Marinaro isn't the only TV star in this issue, either. Soap opera star Steve Bond (real name Shlomo Goldberg) appears in a feature about how training makes both men and women sexier. The story explains it's not just aesthetics but also the display of inner strength that attracts the opposite sex. Hey, that sounds neat. Now check out all the babes twisted into suggestive poses throughout the issue.



PAY UP Above: Steve Bond gets a smooch from a bentover Peggy Bertelsen. Bottom left: Marinaro poses like a girly-man. Top left: Want a VHS of the '84 Mr. Olympia? That'll be $59. Adjust for inflation, and it's $129.73.

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Born to Paddle

Professional kayaker DANE JACKSON is taking paddle sports to new heights. BY MARK BARROSO

WORLD CHAMPION kayaker Dane Jackson has been participating in the sport since his father, a former Olympic kayaker, taught him how at age 2. Now a 22-year-old Red Bull and GoPro-sponsored athlete, Jackson competes in 10–15 kayaking events a year. These include freestyle kayaking contests, where you perform tricks such as flips and spins on turbulent areas of a river, or downstream races against other paddlers. "Endurance is important because if you want to do longer and more commanding rivers, you have to keep your energy up," Jackson says. "You can't just be floating downriver."

Aside from boat work, Jackson prepares to compete by staying active: surfing, snowboarding, even golfing, albeit with a twist—he sprints between each hole.

The kayaking phenom prevents injury with two rituals.

"I try to stretch every day to keep muscles loose, whether it's a quick stretch or stretching for an hour," Jackson says. "I do 100 pushups a day to keep my shoulders strong."

Jackson says descending a 130-foot-tall waterfall in Mexico was his most extreme kayaking moment. The goal is to land as vertical as possible, or else.

"If the front of the kayak were to come up and you were to land flat, the full impact would be on your spine," Jackson says. "That's how people break their backs on waterfalls."

On top of his game, Jackson enjoys each ride as it comes.

"I want to keep coming up with new tricks, running big rivers and waterfalls, and pushing the sport."

> **"I'D BE FREESTYLE KAYAKING EVERY DAY EVEN IF THERE WERE NEVER ANY COMPETITIVE EVENTS FOR IT."**



COURTESY OF DANE JACKSON

ON THE WATER
The 2015 International Canoe Federation Freestyle Kayak World Championships begin on Aug. 30 on the Ottawa River in Canada

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ONE OF A KIND
Penn's track and field team trains in the varsity weight room below, which has 30 Sorinex weightlifting racks and two tracks.





Brains & Brawn

The **PENN QUAKERS** are more than book smart. They're educated about the iron, too. BY MARK BARROSO

WITH AN ACCEPTANCE RATE OF 9.9%, the University of Pennsylvania (Penn) is one of the nation's most selective schools. For the few who are smart enough to get in, there's ample opportunity to broaden their bodies as well as their minds. The prestigious campus houses a 120,000-square-foot fitness center with four floors of studios and equipment, a pool, basketball courts, and more. For outdoor enthusiasts, Penn organizes hiking, climbing, snow sports, and paddleboarding trips. Students can find nutrition data for all campus dining options online.

The school also hosts the Penn Relays, the oldest and largest track meet in the U.S. Penn's men's track and field is a top Ivy League contender, and most of the team, (throwers, sprinters, and mid-distance runners) do cleans, squats, snatches, and deadlifts regularly.

"We stick with the bread-and-butter lifts," says Stephen Brindle, associate strength and conditioning coach. "We train the throwers with more volume for absolute strength compared with the sprinters with whom we're more concerned about speed on the bar."

A thrower might deadlift 5 sets of 3 reps at 80% 1RM while a sprinter does 4 sets of 1 rep at 75%. Brindle hammers freshmen on form.

"We give them different reps and exercises from the other athletes to emphasize technique," Brindle says. "That's what really sets us apart."

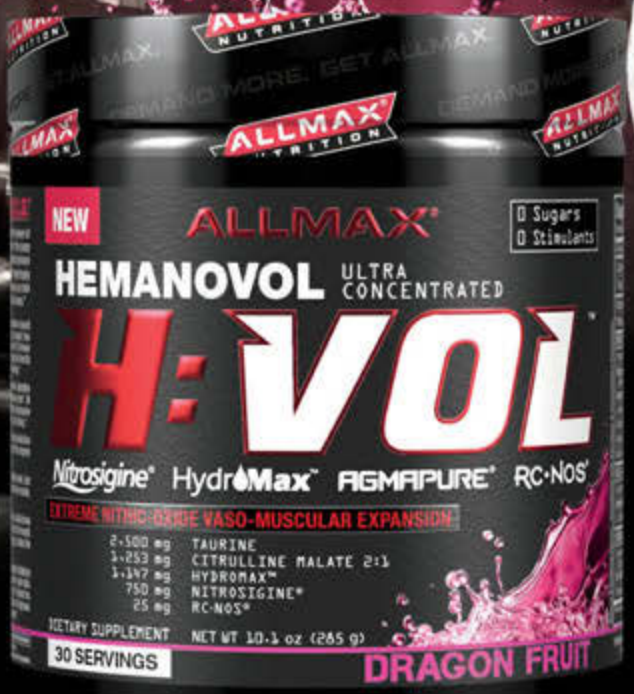
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#COMPETE HARDER

CONOR MCGREGOR faces Jose Aldo for the UFC Featherweight Championship on July 11 at UFC 189 in Las Vegas, NV.



Slugfest

UFC fighter **CONOR MCGREGOR** looks to become the first-ever Irish UFC champ.

BY MARK BARROSO

FOR RISING UFC STAR

Conor McGregor, mixed martial arts training starts and ends with control. McGregor's movements revolve around control of his body, mind, and breath.

"If it doesn't involve balance I don't think it's beneficial," says McGregor. "I do yoga every day. I'm perfecting my handstand, I like the tree pose with a side leg extension and the plank/side plank."

Just don't expect McGregor to get to yoga class on time. The Irish-born featherweight doesn't keep a schedule in a traditional sense. He simply wakes up and starts moving.

"I'm self-taught, and nothing is set by a clock," says McGregor. "Yesterday, I did pool work, then went to the gym and did jiu-jitsu rounds, pad work, jump rope, core work, and dead hanging from objects."

McGregor does free-weight exercises such as single-leg barbell deadlifts to build strength and balance simultaneously.

His most valuable skill, though, is intangible.

"My belief is my best asset, and I have a stronger mindset than my opponent," he says.

McGregor is approaching his first title fight against Jose Aldo on July 11 as he did all of his previous bouts.

"I'll enter the contest formless and fearless," McGregor says. "He's just a blank face and a new body."

Moreover, McGregor views his history-making opportunity as bigger than himself. He's in this game to make his Irish supporters proud.

"My coach and team have been with me since Day 1, and I look forward to raising the gold for them."

MCGREGOR'S WORKOUT

EXERCISE	DURATION
Dynamic Stretch	10–15 min.
Muscle-up	10 reps
Handstand Pushup	10 reps
Push Press	10 reps
Boxing	20–30 min.
Grappling	20–30 min.

MCGREGOR'S STATS

AGE	HEIGHT	WEIGHT
27	5'9"	145 lbs

RESIDENCE
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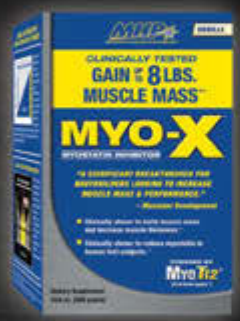
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Strong Intentions

NED NORTON, founder of Warriors on Wheels, is a modern-day hero whose life's work brings healing and hope to people all over the world.

BY DELFINA URE



NED NORTON has spent a good part of the past 26 years training clients in his Warrior Gym, in Albany, NY. Yet, while Warrior may look like a typical gym when empty, his disabled clientele separate it from the rest of the pack and elevate him to hero status.

"Training people with disabilities is the ultimate challenge," says the 57-year-old Norton. "It means more than touchdowns, medals, and trophies, because it relates to their having a better life."

Norton's intentions for his clients go beyond building the body. He aims to rebuild their confidence and help them become independent after life-changing injuries. "At one time I had 11 guys who could bench-press more than 300 pounds. They got so strong they were able to go back to work, go back to school, and start families."

He customizes every machine in his gym to be wheelchair accessible and charges his clients a mere $10 for 10 weeks so they can continue to train for as long as they need to while living on disability income. "It's not about what they can't do, it's about what they can do," he says.

Norton sees about 120 clients per week and raises money to cover operating costs and ensure that the doors of his gym stay open.

A recent broadcast on CNN about Warriors on Wheels boosted awareness of Norton's efforts and significantly expanded his reach. "I get so many heartfelt e-mails from disabled people all over the world who would love to come to my gym, but they live in Seattle, Korea, or Australia," he explains.

> **"TRAINING PEOPLE WITH DISABILITIES IS THE ULTIMATE CHALLENGE. IT MEANS MORE THAN MEDALS AND TROPHIES."**

Inspired to find a way to offer specialized training remotely, Norton raised the money to create customized fitness packages with resistance bands that he now ships to people globally, never charging his clients a penny. Following the international buzz, Norton then founded "The Hercules Project," which works with the UN to help rehabilitate people injured by land mines. "We're shipping to Darfur and South Sudan."

In addition to his global ambitions, Norton is working on developing fitness packages for group homes for the disabled, corresponding with hundreds of clients, and providing fitness training for the fire department in Albany. "I want to help as many people as I can."



HOW YOU CAN HELP

To donate or to learn more, go to: *profilesinpurpose.com/warriors_on_wheels.*

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No Sweat

The season's top gear picks will help you beat the heat in style. BY MARK BARROSO











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2 SAMSUNG GEAR CIRCLE

Compatible with all Bluetooth devices and nano coated with P2i to be sweat resistant. A magnet connects the unit when not in use. **$100, *samsung.com***

3 SMART ROPE

Using built-in LED lights, Smart Rope projects a running tally of your reps right in front of your eyes as you jump. **From $70, *tangramfactory.com***

4 NIVEA MEN SENSITIVE PROTECTIVE LOTION

Actives include chamomile and vitamin E in a lotion/sunblock to simplify summer grooming. **$7, *niveamenusa.com***

5 REEBOK CROSSFIT NANO 5.0

A low profile makes it sensible for squats and deads, while serrated nubs on the midsole make CrossFit moves like rope climbs a cinch. **$130, *reebok.com***

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INSTANT MUSCLE
A new way to do farmer's walks, p66.

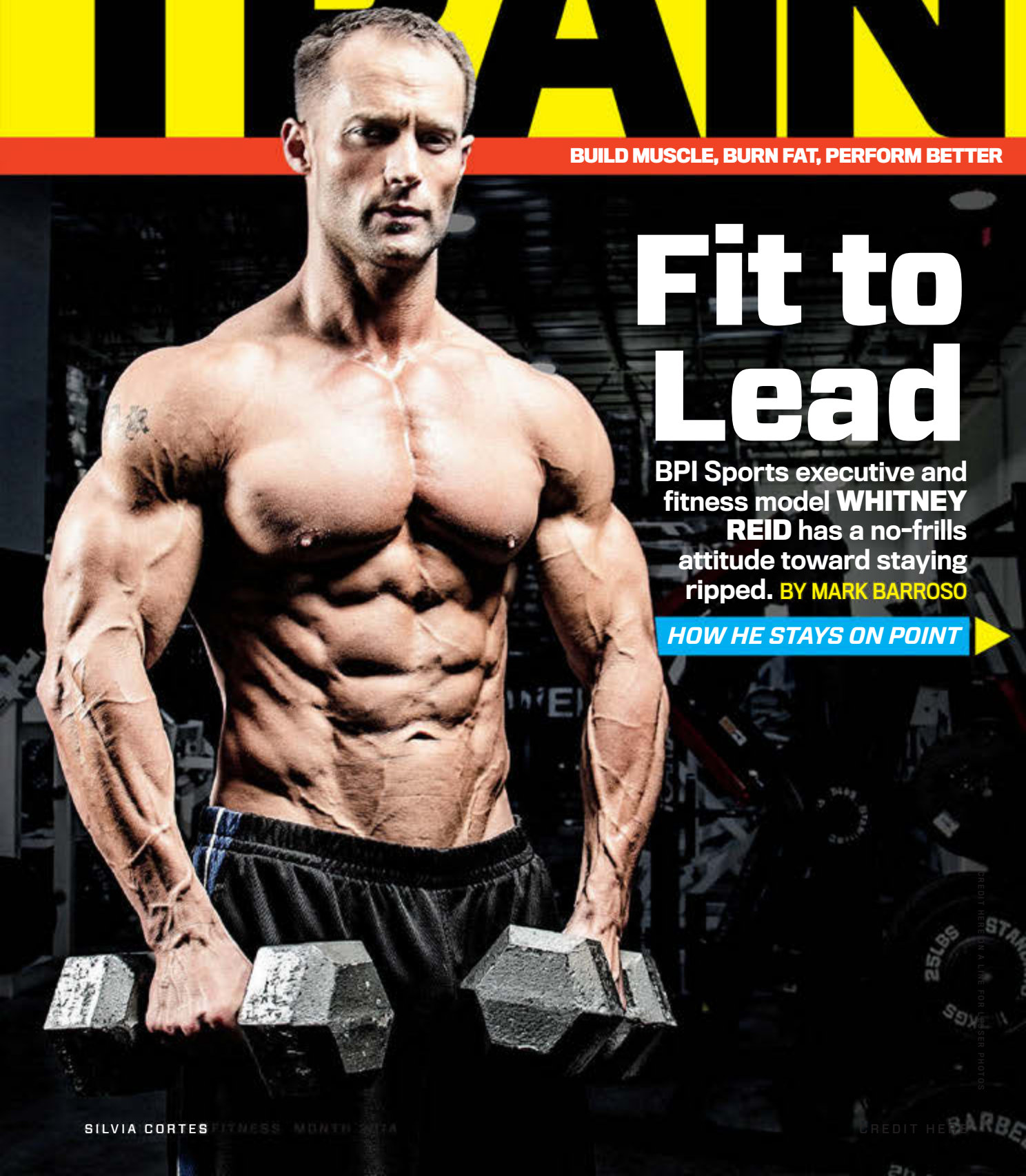
CROSSFIT
This barbell lunge WOD will send you crying for mama, p68.

RATE MY WORKOUT
We make a reader's back workout more efficient, p78.

OVER 40
In another 15 years, you might believe this guy is over 40, p80.

TRAIN

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Fit to Lead

BPI Sports executive and fitness model WHITNEY REID has a no-frills attitude toward staying ripped. BY MARK BARROSO

HOW HE STAYS ON POINT

SILVIA CORTES

CREDIT HERE

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STAYING STRONG
As a powerlifter, Reid could bench 460 pounds for three reps. Now he bench-presses 315 for 10 to 12 reps.

WHITNEY REID doesn't let a constant travel schedule stand in the way of getting ripped. Despite a job as national sales manager for BPI Sports that has him hopping around the country, Reid stays focused and, as a result, big and lean year-round. He began his fitness journey as a 260-pound recreational powerlifter in his 20s. When he started training with bodybuilders, he got ripped and started landing magazine shoots.

"I still love training heavy, and that's my top priority," he says. "I squat, bench, and deadlift every week."

Reid trains in the 10- to 12-rep range, using dropsets, giant sets, and supersets to get done in 40 minutes.

"I want to be absolutely destroyed when I walk out of the gym," he says.

Two weeks from a shoot, Reid eats more protein than usual and drops his carb intake to 150 grams per day.

You can carve out your own fitness-model six-pack with Reid's intense abs-training circuit.

WHITNEY REID'S ABS WORKOUT

Do all circuits four times through, 15 reps each. Don't rest between moves.

CIRCUIT 1

EXERCISE
Kneeling Rope Crunch
Rowing Machine Pike*
Lying Leg Raise

CIRCUIT 2

EXERCISE
Oblique Bridge**
Standing Rope Crunch
Hanging Leg Raise

*Place your toes on the seat of rowing machine while in a pushup position. Do a pike.

**Do a side plank with one elbow on a bench. Stretch your hips down. Do 15 reps each side.

THE STATS

AGE	HEIGHT	WEIGHT
35	6'2"	225 lbs

RESIDENCE
Fort Lauderdale, FL

TWITTER
@whitneyreid33

HIS TOP THREE TIPS FOR EATING CLEAN ON THE ROAD

1 FIND A DINER
"Locate the nearest diner and make clean-eating requests. I ask for minimal butter/oil and steamed veggies."

2 STACKED SNACKS
"I pack dry oats, protein powder, almonds, a shaker cup, and a package of peeled hard-boiled eggs."

3 GO FOR TWO
"If you're eating out, always ask for a healthy meal to go so you don't get stuck without food."

SILVIA CORTES

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Walk It Off

The farmer's walk trains everything from your traps to your grip, core, and legs, and also builds your conditioning while burning major calories. Using a trap bar instead of dumbbells lets you go as heavy as possible.

BY BEN BRUNO

QUICK TIP

Don't allow the bar to tip forward or backward in your hands. Squeeze it to keep it level.



HOW TO DO IT
FARMER'S WALK

1 **STAND INSIDE** the trap bar with feet hip width. Bend your hips and grasp the handles. Deadlift the bar off the floor.

2 **TIGHTEN YOUR CORE** and draw your shoulders back. Walk as quickly as you can. Go for time or distance.

DID YOU KNOW? You can turn the trap bar sideways so the loading pegs face in front of and behind you, which is helpful if you don't have a wide lane to walk in.

IAN SPANIER

THE ANSWER...
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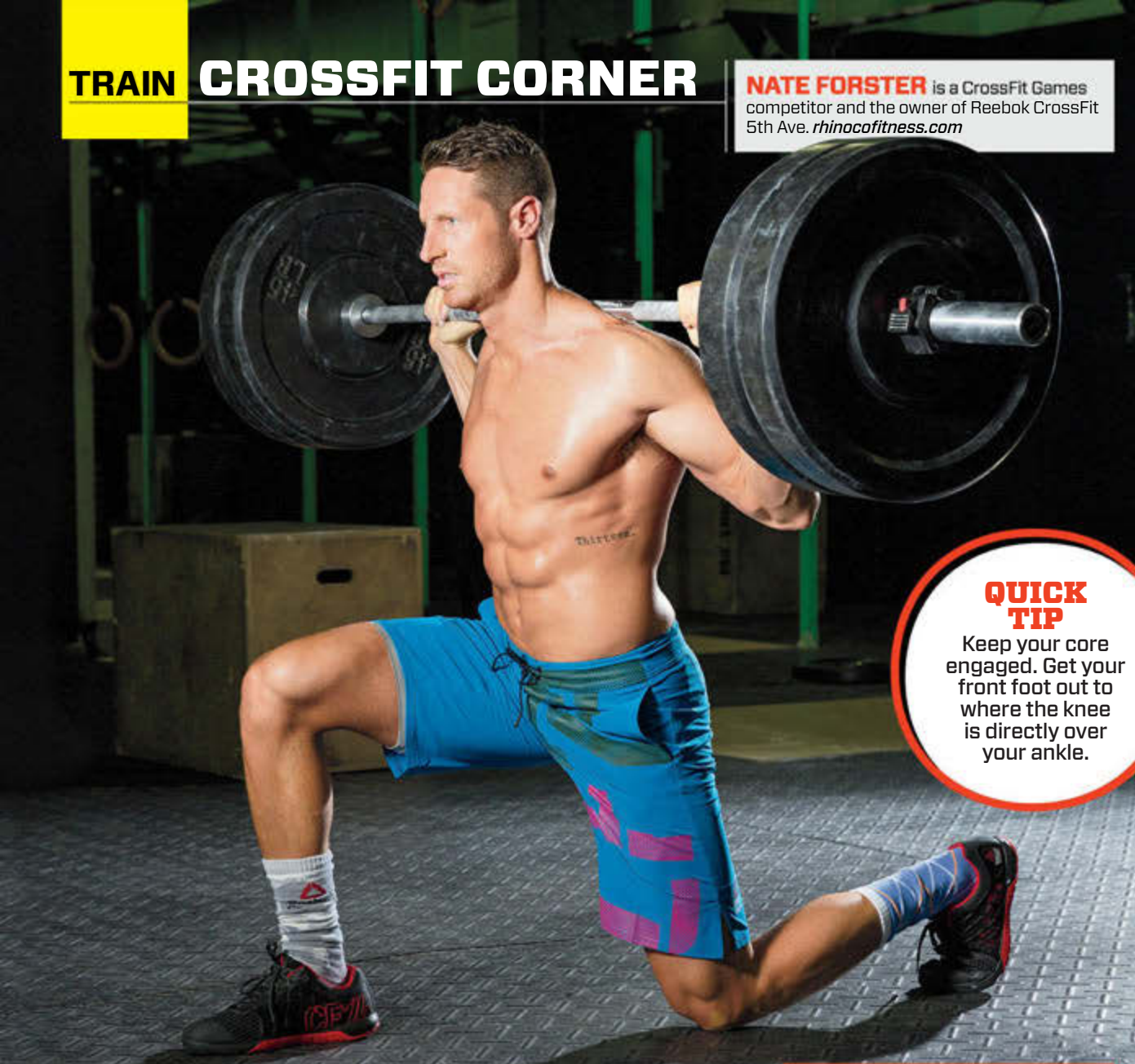


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NATE FORSTER is a CrossFit Games competitor and the owner of Reebok CrossFit 5th Ave. *rhinocofitness.com*



QUICK TIP
Keep your core engaged. Get your front foot out to where the knee is directly over your ankle.

Get a Leg Up

Make leg day even harder—and WODs more brutal—with the barbell lunge. BY NATE FORSTER

IF YOU DO LUNGES, chances are you do them with dumbbells. It's hard to blame you. The dumbbell variation is a way easier setup than the barbell version. Dumbbells, of course, don't require an open squat rack. But just because an exercise might be inconvenient is no excuse not to do it, especially when the barbell lunge offers two major advantages:

1) The barbell allows for a heavier load than the dumbbell version because grip is not a factor.
2) To support the bar as you lunge, your upper body is forced into a stronger position and engages more of your core as a result.

If you've never done lunges this way, leg day will never be the same. Once you get comfortable with the barbell lunge, try the intense, man-making WOD in the box at right.

THE WORKOUT OF THE DAY

DIRECTIONS: Perform the following three exercises as a circuit in a 21–15–9 scheme; 21 reps of everything the first time through (rowing should be measured in calories burned—a standard Concept2 rower will measure this), then do 15 reps/calories of all exercises, then 9. Record your total time for future reference.

EXERCISE	REPS
Barbell Lunge (155 lbs)	21, 15, 9
Ring Dip	21, 15, 9
Rowing Machine (in calories)	21, 15, 9

IAN SPANIER



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QUICK TIP

For an even greater core challenge, raise one foot off the floor, or elevate both feet on a platform.

Row Toward a Six-Pack

Tighten your core by putting your back into it. BY SEAN HYSON, C.S.C.S.

HOW TO DO IT
INVERTED ROW

1. Set a bar in a power rack at about hip height. Hang from the bar with hands outside shoulder width and legs extended on the floor.

2. Brace your abs and draw your shoulder blades together as you pull up to the bar until your back is fully contracted.

LITTLE-KNOWN FACT: The lats are part of your core, too. They help stabilize your spine just like the muscles of the lower back. When you train them to brace your body while pulling (their main function), you speed up back and core development.

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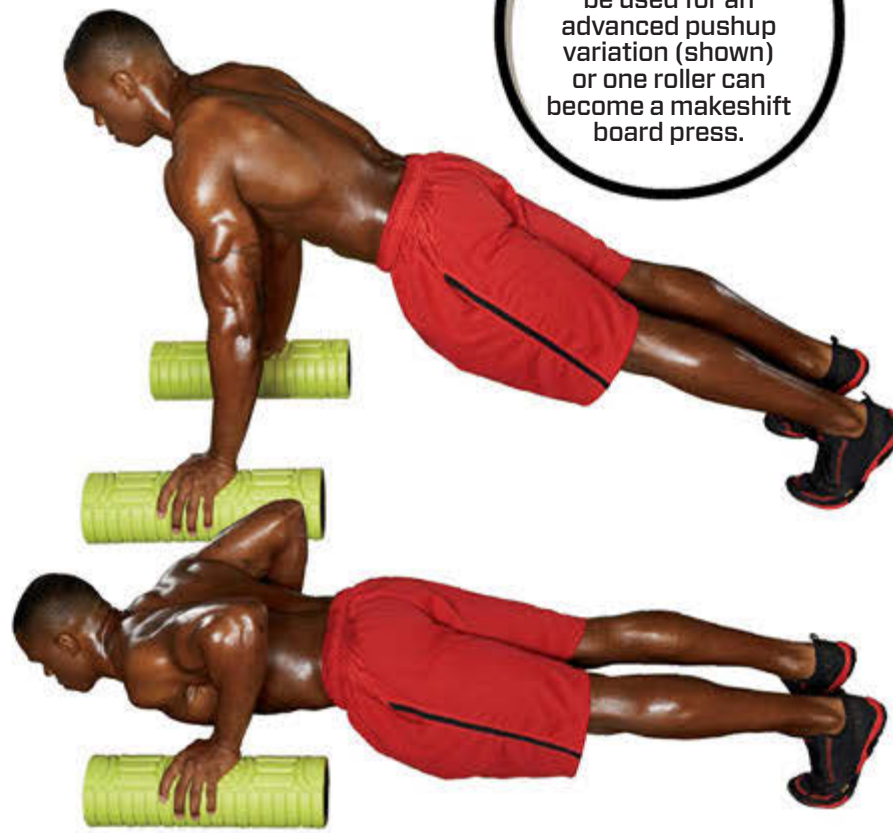
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* Selected references (1-11) are available at snac.com

TRY THIS
A pair of rollers can be used for an advanced pushup variation (shown) or one roller can become a makeshift board press.



Keep It Rolling

The foam roller could be the best piece of equipment you're not using. BY ADAM BORNSTEIN

WHEN FOAM ROLLERS first came out, I looked at them like any other fad. "Nice toy. I'll pass." But when I tried rolling, I learned how useful it can be, and now rollers are standard equipment in practically every gym. They can actually help you gain muscle, too. In fact, five to 10 minutes of rolling before workouts can accelerate the "gain train" before you even lift a weight.

Rolling creates pressure in the muscles, forcing them to relax and ultimately drawing blood into the area, warming them up. When your muscles are warm, they generate more force and move more weight. Rolling can reduce the risk of injury, too. Warm, pliable muscles are less likely to be overstretched.

Before any workout, spend time rolling out the whole body, with particular attention to the IT bands (on your outer thighs), hamstrings, glutes, and upper back. Use a lacrosse ball or other small object to work on areas such as the shoulders, pecs, and hips. When you come to a sore spot, hold it until it releases—or until you can't stand the pain anymore. As you loosen up, it'll hurt less.

ASK ADAM Want your question answered by Adam Bornstein? Tweet *@Bornfitness* and *@muscle_fitness* with the hashtag *#bornfit*.



JAMES FARRELL

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XPEDITE contains a potent ingredient called **R-Lipoic Acid** or R-LA, which is not included in the lion's share of preworkout/energy products available. Some researchers believe R-LA may eventually be acknowledged as one of the most important nutraceutical compounds on the market for cellular energy production. It has been shown to improve the body's utilization of glucose and may also increase the production of adenosine triphosphate (ATP) within the muscle cells. Likewise, this scientific formula contains **biotin, taurine and L-carnitine**, which further support the optimal blood sugar levels needed during high-intensity exercise. As a bonus, these ingredients support fat loss by increasing glucose uptake by muscle tissue, which helps to prevent fat cell deposition.

XPEDITE also contains the amino acid **tyrosine**, which is a precursor of the brain neurotransmitters epinephrine (adrenalin), norepinephrine and dopamine, which transmit nerve impulses. U.S. soldiers undergoing various psychological and physiological stress tests were given tyrosine to measure its effects on performance. The researchers found that they were more efficient, alert and had faster reaction times. In addition, **XPEDITE** contains **phenylalanine** which may help to elevate mood and enhance concentration.

XPEDITE also includes **citrulline malate** which may boost athletic performance and recovery by accelerating the elimination of the toxic byproducts of protein metabolism and the removal of ammonia and lactate from the blood. Finally, **beta-alanine** is a precursor of carnosine, which regulates important aspects of cell metabolism that may provide stamina and energy-enhancement benefits.

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* Additional scientific research and selected references available at snac.com

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ANDY MCDERMOTT is a fitness coach in Hollywood. For free training advice, videos, and motivational craziness, follow him on Facebook, Instagram, and Twitter: *@AndyMcDermottFitness.*

Hit Single

Training one leg (and one arm) at a time doesn't just make you more stable. It also helps you incinerate fat.

WHAT IT IS

A strength-building, fat-burning circuit from L.A.-based celebrity trainer Andy McDermott. You'll alternate between unilateral moves—single-leg squats and single-arm pushups—before setting off on a stair run to jack up your heart rate and get the sweat pouring in sheets.

WHY IT WORKS

"When you train unilaterally, there's no need to do extra core movements," McDermott says. "Every muscle gets firing very quickly." If you can't do 10 reps of single-arm pushups, do the eccentric portion with one arm, but explode up using both arms.

THE WORKOUT

DIRECTIONS: Perform the following exercises as a circuit, going nonstop for 15 total minutes.

EXERCISE	REPS
▲ Right-leg Single-leg Squat	10
Left-arm Single-arm Pushup	10
Left-leg Single-leg Squat	10
Right-arm Single-arm Pushup	10
Stair Run (or treadmill incline)	60 sec.



QUICK TIP
Starting out, keep your free foot close to the ground for balance. As you get better, try to raise your free leg up.





IAN SPANIER



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INSIDE THE 60 DAY REVOLUTION

Is there such a thing as a perfect program? *M&F*'s editors and advisers aim to get as close as humanly possible.

BY MATT TUTHILL

WHEN SOME OF the brightest minds in fitness gathered in New York City to create the perfect program this summer, there was no shortage of big ideas. It began with James Grage, co-founder of BPI Sports, who was looking for a way to build upon the success of his recent training program, 60 Days to Fit. What he wanted this time around, however, sounded beyond lofty—a program that could get you big, strong, lean, and athletic while deftly maneuvering your body around plateaus, spiking intensity, and backing off at just the right times. On top of that, he wanted to make the workouts fun, engaging competition among readers, and delivering a wholly unique experience. It had to be a program with a solid enough foundation to guarantee progress, yet varied and flexible enough to keep interest piqued. Best of all: The 60 day mark wasn't an end point but a beginning, with readers learning enough along the way to be able to build their own long-term programs.

Joining Grage were *M&F* advisers Nerijus Bagdonas, Kyle Hunt (pictured at right), and Jim Sayih. Bagdonas, in addition to being a year-round ripped fitness model, runs eclectic group training classes in Central Park and is one of the most highly sought-after personal trainers in New York City. Hunt is a former NFL tight end on the leading edge of strength training techniques; he penned *M&F*'s modified Smolov squat program in 2014. Sayih is a nationally renowned fitness expert who's made countless TV appearances and is best known for training emergency responders. Along with FLEX editor Angelica Nebbia, a former bikini competitor, and *M&F* editors Zack Zeigler and myself, the dye was cast, and a comprehensive training, nutrition, and motivational program known as 60 Day Revolution was built. In the end, the only thing we ruled out was compromise.

We're incredibly proud of the program we've built and can't wait to unveil it in the September issue of *Muscle & Fitness* and at *muscleandfitness.com.* Follow along, share your progress, and join the revolution. Whether or not we really built the perfect program will be up for debate. Your results won't be.



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QUICK TIP
On any one-arm row, the hip on the side that's rowing should be higher than the other to increase the stretch on the lat.

Back at It

Al C. from Palm Beach, FL, sent us his back workout to review. Here's how we fixed it.

BY SEAN HYSON, C.S.C.S.

AL'S OLD WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	3
Bentover Row	4	8–10
Lat Pulldown	3	12–15
One-arm Dumbbell Row	3	20

***M&F* RATING: B+**

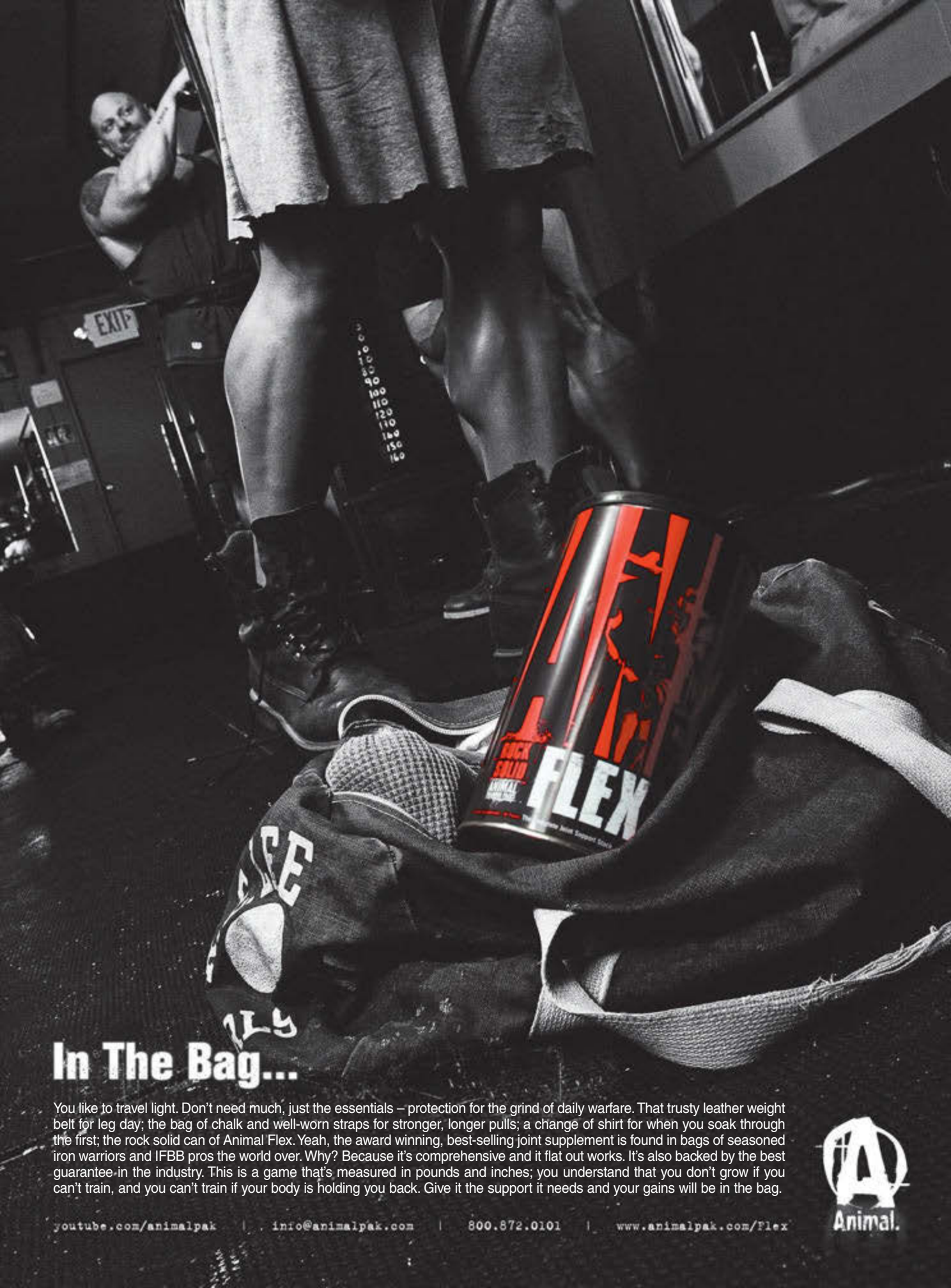
OUR ADVICE

You're mainly doing bilateral training—using both arms at once. That's fine for letting you train heavy, but you won't get as full a range of motion or stretch on your lats as you would from training one side of your back at a time. **ADD UNILATERAL WORK WITH ONE-ARM BARBELL ROWS AND MEADOWS ROWS.** See directions at *muscleandfitness.com /ratemybackworkout.*

AL'S NEW WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	3
One-arm Barbell Row	3	8–10
SUPERSET WITH		
▲ Meadows Row	3	6–8
One-arm Pulldown	3	12–15

JJ MILLER



In The Bag...

You like to travel light. Don't need much, just the essentials – protection for the grind of daily warfare. That trusty leather weight belt for leg day; the bag of chalk and well-worn straps for stronger, longer pulls; a change of shirt for when you soak through the first; the rock solid can of Animal Flex. Yeah, the award winning, best-selling joint supplement is found in bags of seasoned iron warriors and IFBB pros the world over. Why? Because it's comprehensive and it flat out works. It's also backed by the best guarantee in the industry. This is a game that's measured in pounds and inches; you understand that you don't grow if you can't train, and you can't train if your body is holding you back. Give it the support it needs and your gains will be in the bag.

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Animal.

Heavy Duty

Actor and model **DAVID MORIN** gets bigger and leaner by constantly pushing the limits of his strength.

BY MARK BARROSO

AN INTERNATIONAL fitness cover model, David Morin doesn't work out just for looks, he trains for strength, too. Each week Morin tests his one-rep max (1RM) in one of six compound lifts.

"There's enough time in between for my body to make gains from a 1RM," says Morin. "Even though you're getting older, you can still maintain muscle mass and strength."

Morin does hypertrophy-based workouts the rest of the week, and his cardio routine is one week of 3–4 steady-state sessions with three days of 10 40-yard sprints the next week.

Reminiscent of the late Greg Plitt, Morin preaches a deep fitness mantra. "Discipline is the bridge between imagination and physical attainment. If you can imagine it, you can be it."

THE RUNDOWN

AGE: **40**
HEIGHT: **6'2"**
WEIGHT: **220 lbs**
RESIDENCE: **Miami, FL**
WEBSITE: ***morinfitness.com***
SPONSORS: **Dymatize, Nuts 'N More, MyOatmeal**



BIG SCREEN
Morin appeared in the hit film Pain & Gain as a gym rat at Sun Gym.

MORIN'S TIME-CRUNCH WORKOUT

Directions: Do 5 rounds. Use just the bar in Round 1 and go for 30–40 reps, then add weight. Rest 30 seconds between exercises.

EXERCISE	REPS
Bench Press	20
Lying Leg Raise	20
Bentover Row	20
Front Squat	20
Overhead Press	20

Note: Morin uses slow, three-second negatives on all exercises.

HIS ADVICE TO GET LEAN FAST

1
USE INTERMITTENT FASTING
Eat one meal a day (after 4 p.m.). To get through the day, mix a gallon of water with 30 grams of BCAAs.

2
GET JUICED UP
If you're on a diet, juicing fruits and vegetables provides extra nutrients. Adding turmeric can relieve joint pain, and aloe vera aids digestion.

3
GO WITH YOUR GUT
When increasing protein, increase probiotic intake, too. Probiotics help ensure you absorb protein and utilize it properly.

CORY SORENSON

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15-MINUTE FEAST
Make a delicious Hawaiian chicken and pineapple kabob in just three steps, p88.

1 FOOD, 5 WAYS
Try these five quick and easy zucchini recipes to add nutrients to your diet, p92.

EAT

WHAT'S IN THE FRIDGE THIS MONTH

Super Foods

Recent research says turmeric and other powerful plants may be the keys to fighting sickness and living longer.

BY MARK BARROSO



DEVON JARVIS

THE POWER OF NATURE

Q: I'm looking for a natural way to fight inflammation. What foods do you suggest?

— BRIAN MEIER, VIA FACEBOOK



HEART HEALTH
Cocoa powder can increase HDL (good) cholesterol levels and prevent LDL oxidization.

A: THERE ARE TWO types of inflammation. Acute inflammation is short term, usually triggered by injury, and increases blood flow to the affected area. In this case, an anti-inflammatory compound reduces swelling, fever, and pain. Chronic inflammation lasts longer and is associated with obesity, diabetes, and other conditions. Dietary changes can prevent chronic inflammation with some foods being more potent than others in doing so.

"Many foods have anti-inflammatory properties such as kale, cabbage, broccoli, berries, cherries, pomegranate, grapes, tomatoes, onions, garlic, cocoa, mushrooms, turmeric, and ginger," says Joel Fuhrman, M.D., and author of *The New York Times* best seller *Eat to Live.* "These foods' phytochemicals are beneficial in many ways, for example, by altering the expression of pro-inflammatory genes, and reducing production of pro-inflammatory compounds."

Curcumin, a compound found in the turmeric plant, is one of nature's most promising medicines. According to an article in the *Annual Review of Nutrition,* curcumin lowers blood sugar, improves cholesterol health, and aids in controlling atherosclerosis. Curcumin may also induce apoptosis, when cells self-terminate, potentially terminating cancer cells in the process.

Turmeric is poorly absorbed, so eating it with spices and fats like pepper and walnuts help its absorption in the body.

Supp science has made a more bioavailable "super curcumin" by mixing it with more water-soluble substances and making extended-release tablets. To really beat inflammation, however, whole foods are the best.

"I recommend a diet centered around G-BOMBS (greens, beans, onions, mushrooms, berries, and seeds), offering a variety of anti-inflammatory and high-antioxidant foods," Fuhrman says. "It's not just one food/spice that provides these powerful properties most effectively, it's the entire diet."

Try this delicious smoothie to combat inflammation without meds.

ANTI-INFLAMMATORY CHOCOLATE-CHERRY SMOOTHIE

COURTESY OF JOEL FUHRMAN, M.D.

SERVES 4

- 2 oz kale
- 2 oz romaine lettuce
- ½ cup unsweetened almond milk
- ½ cup pomegranate or cherry juice
- 1 tbsp non-alkalized cocoa powder
- 1 ripe banana
- 1 cup frozen cherries
- 1 cup frozen blueberries
- ½ tsp alcohol-free vanilla extract
- 2 tbsp ground flax seed
- ½ tsp ground turmeric

Blend the kale and lettuce with milk and juice. Add remaining ingredients. Blend 2 minutes until smooth.

NUTRITION PER SERVING

486 CALORIES	10g PROTEIN	100g CARBS	9g FAT

DEVON JARVIS


What Are You Made Of?
Built like a truck and massive as f... That's what you are and what you're made of. No sugar, no spice… Nice? Nice has got nothing to do with it. You weren't born like this and don't have anyone to thank but yourself. You know that what you put in, you get out. So you spent the better part of your life busting your balls and making this machine one rep, one pack, and one meal at a time. We get it. We're the same way. That's why we've been making the best, most award-winning training pack in the world since 1983 in Animal Pak. Put in the work and we'll put out the best. Let's see what you're made of.
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SORE NO MORE
A 2013 study found watermelon juice reduced post-exercise soreness more than a placebo.

Big Red

It's not just the official fruit of summer. Watermelon also packs performance-enhancing citrulline.

BY MARK BARROSO

SEARCH THE LABELS of most pre-workout powders and you'll find a few recurring ingredients, including citrulline, an amino acid that has been shown to increase strength and lower blood pressure. The word *citrulline* is actually derived from *citrullus*, which is Latin for watermelon, where the amino acid is found in great abundance. Get it from supps or from the source, and your body will reap the benefits.

"The kidneys and other organs convert citrulline into arginine," says Franci Cohen, M.S., C.D.N. Arginine, in turn, is a precursor to nitric oxide production. Cohen says 1–1½ cups of watermelon will deliver its payload of performance perks.

"Use watermelon juice for ice cubes or grill the fruit and add to a chicken kabob. Rinds can be pickled, diced, and added to salad."

WATERMELON TRIPLE-DECKER BITES

MAKES 15 SERVINGS
COURTESY FRANCI COHEN

1 watermelon
4 cucumbers (skin on)
4 oz feta cheese
3 tbsp fresh lemon juice
2 tbsp agave syrup
15–20 fresh mint leaves

1. Slice a watermelon into ½-inch-thick slices. Cut 30 circles out of the slices using a circular cookie cutter (same circumference of a cucumber). Lay discs on a tray. Cut cucumbers into 15 half-inch slices, leave skin on.
2. Spread a layer of feta on each disc.
3. Top each disc with a cucumber slice.
4. Spread a layer of feta on each cucumber slice.
5. Top with another disc and feta.
6. Whisk lemon juice and agave. Drizzle over each bite. Top each with mint leaf.

NUTRITION PER SERVING

169 CALORIES	4g PROTEIN	38g CARBS	2g FAT

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✦Jason Poston is a Team MET-Rx® Sponsored Athlete.

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THE BREAKDOWN
Pineapple contains bromelain, a digestive enzyme that helps your body break down protein better.

Aloha to Gains

You may not get to Hawaii this summer, but there's no reason you can't bring some tropical island flavor to your protein. Use pineapple and a low-carb sauce to take a vacation from dry chicken. BY NICOLE DONNELLY

HAWAIIAN CHICKEN KABOBS

YIELDS 1 SERVING

- 2¼ tsp soy sauce
- 2¼ tsp coconut sugar (or brown sugar)
- ¾ tsp sesame oil
- ⅛ tsp ground ginger
- ⅛ tsp garlic powder
- 2 skinless, boneless chicken breast halves, cut into 2-inch pieces
- ¼ cup pineapple chunks, drained
- 2–4 skewers

1. In a bowl, mix soy sauce, sugar, sesame oil, ginger, and garlic powder together.
2. Add chicken and pineapple to the bowl. Cover and refrigerate for 1 hour to let marinade sink in.
3. Preheat the grill. Thread chicken and pineapple alternately onto skewers. Grill 15 minutes, turning occasionally.

NUTRITION PER SERVING

390 CALORIES	56g PROTEIN	19g CARBS	10g FAT

FOOD STYLING BY EUGENE JHO

SAM KAPLAN

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—Dave Shutler, ISSA CFT, SFN
— Elisa Shutler, CFT
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Going Raw

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AHI TUNA TARTARE

YIELDS 4 SERVINGS

- 1 lb sushi-grade ahi tuna
- 2 tbsp shallots, minced
- 1 tsp sesame oil
- 2 tsp tahini
- 2 tsp soy sauce
- 3 tbsp capers, chopped, with juice
- Juice and zest of 1 lemon
- Kosher salt
- Black pepper, ground
- 4 oz green goddess dressing
- 1 cup watercress
- 1 cup frisée
- 2 tbsp truffle oil

1. Chop tuna to desired cube sizes and place in a mixing bowl.
2. In a separate mixing bowl, make marinade by adding minced shallots, sesame oil, tahini, soy sauce, capers, lemon juice, zest, and mix. Season with kosher salt and black pepper.
3. Pour the marinade over tuna. Allow to sit for 10–15 minutes.
4. Pour tuna into the center of a serving dish. Pour green goddess dressing around the border.
5. In a separate bowl, combine watercress, frisée, and truffle oil, then arrange over tuna.

NUTRITION PER SERVING

246 CALORIES	30g PROTEIN
7g CARBS	11g FAT

SEEING GREEN
Watercress isn't just a garnish. Rich in vitamin K, it may also decrease the risk of heart disease.

FOOD STYLING BY EUGENE JHO

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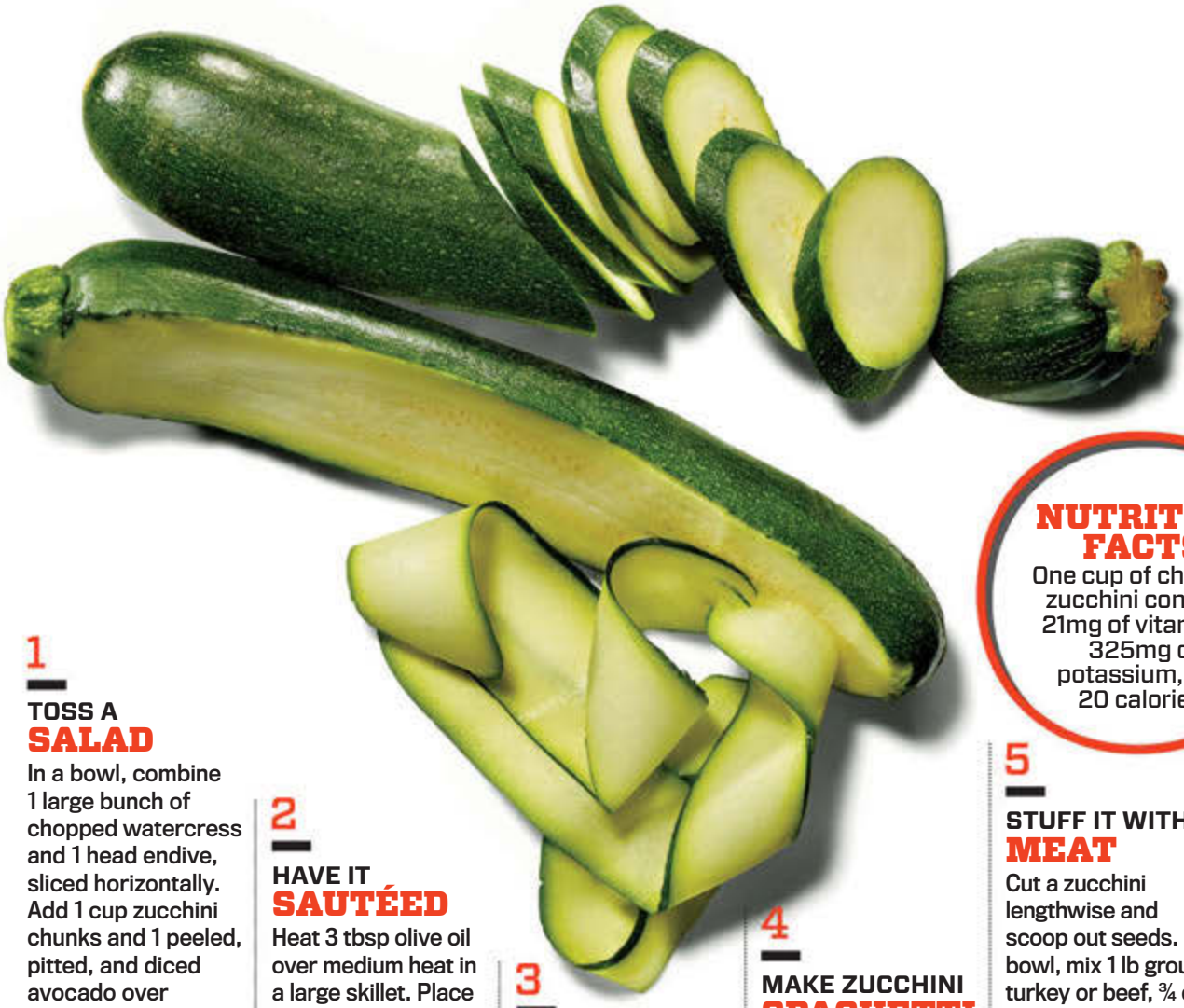


[1]Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight-training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015

ABOUT THE COOK Ian K. Smith, M.D., is the author of *The New York Times* best seller ***The SHRED Diet Cookbook.***

Zucchini

Whip up these five unique summer squash recipes and enjoy the tasty vitamin and mineral boost. BY IAN K. SMITH, M.D.



NUTRITION FACTS
One cup of chopped zucchini contains 21mg of vitamin C, 325mg of potassium, and 20 calories.

1 TOSS A SALAD

In a bowl, combine 1 large bunch of chopped watercress and 1 head endive, sliced horizontally. Add 1 cup zucchini chunks and 1 peeled, pitted, and diced avocado over greens. In a food processor, pulse ¼ cup toasted, peeled hazelnuts until ground, 2 tbsp olive oil, 2 tsp lemon juice, and a pinch of salt and pepper until thick and smooth. Add 1 cup watermelon cubes to the salad, then drizzle the dressing over it.

2 HAVE IT SAUTÉED

Heat 3 tbsp olive oil over medium heat in a large skillet. Place 3 minced garlic cloves in the oil and sauté until brown and fragrant. Stir in 1 diced sweet onion and ¼ tsp salt. Add 2 medium zucchinis, sliced ½-inch thick. Stir the zucchini frequently. Cook until both sides of the slices have turned golden brown.

3 MIX UP A SALSA

In a bowl, mix 1 cup diced zucchini, 1 diced onion, ½ cup each of chopped red pepper and celery, 2 chopped scallions, ½ cup chopped cucumber, ¼ cup olive oil, juice from ½ lemon, and 2 tsp vinegar. Chill for 3 hours; serve.

4 MAKE ZUCCHINI SPAGHETTI

Run a zucchini through a spiral slicer to make it long and thin like pasta. Sauté 1 tsp olive oil and 1 minced garlic clove in a pan over medium heat for 25 seconds. Increase heat to high and add zucchini strands. Cook for 1 to 2 minutes. Add salt and pepper to taste.

5 STUFF IT WITH MEAT

Cut a zucchini lengthwise and scoop out seeds. In a bowl, mix 1 lb ground turkey or beef, ¾ cup breadcrumbs, 12 oz diced tomatoes, and 1 minced garlic clove. Stuff zucchini with mixture, place in a baking pan, cover with foil, and bake at 375°F for 40 minutes. Remove foil, top with ½ cup shredded mozzarella cheese, and place under broiler until cheese melts.

FOOD STYLING BY EUGENE JHO

SAM KAPLAN

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BY KEVIN LILLY, C.S.C.S. PHOTOGRAPHS BY PER BERNAL

IT's not efficiency for efficiency's sake. Getting in and out of the gym in 25 minutes wouldn't be an attractive proposition if your gains had to be shortchanged in the process. After all, we believe most *M&F* readers are like us, and we don't mind spending a long time in the gym. We find refuge in the iron, and we're not looking for any shortcuts.

With that said, speeding up your training sessions can work to your benefit. Keeping your heart rate elevated helps burn fat and raises your metabolism. While the goal of this program is not to add muscle size—we want to get you ripped—there is enough volume to ensure you'll harden the muscle you've got.

The first circuit has three moves to develop power and one for aesthetics; the second circuit features one power move, two strength builders, and an aesthetic finisher. On each day, do Circuit 1 twice, then do Circuit 2 twice, resting two minutes between circuits. Don't rest between exercises.

Lastly, you'll wrap things up with an all-out cardio burst. To keep things interesting, this is a different activity every day. To minimize unwanted rest periods, lock down the equipment and real estate you need prior to your first rep. Once you get started, the next real break you take will be the one on the car ride home.



STRAIGHT-ARM PULLDOWN

Attach a straight bar to a high cable pulley station. Extend your arms and grasp it with a double-overhand grip. Keep elbows extended as you flex your lats and pull the bar down to your waist.

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DAY 1

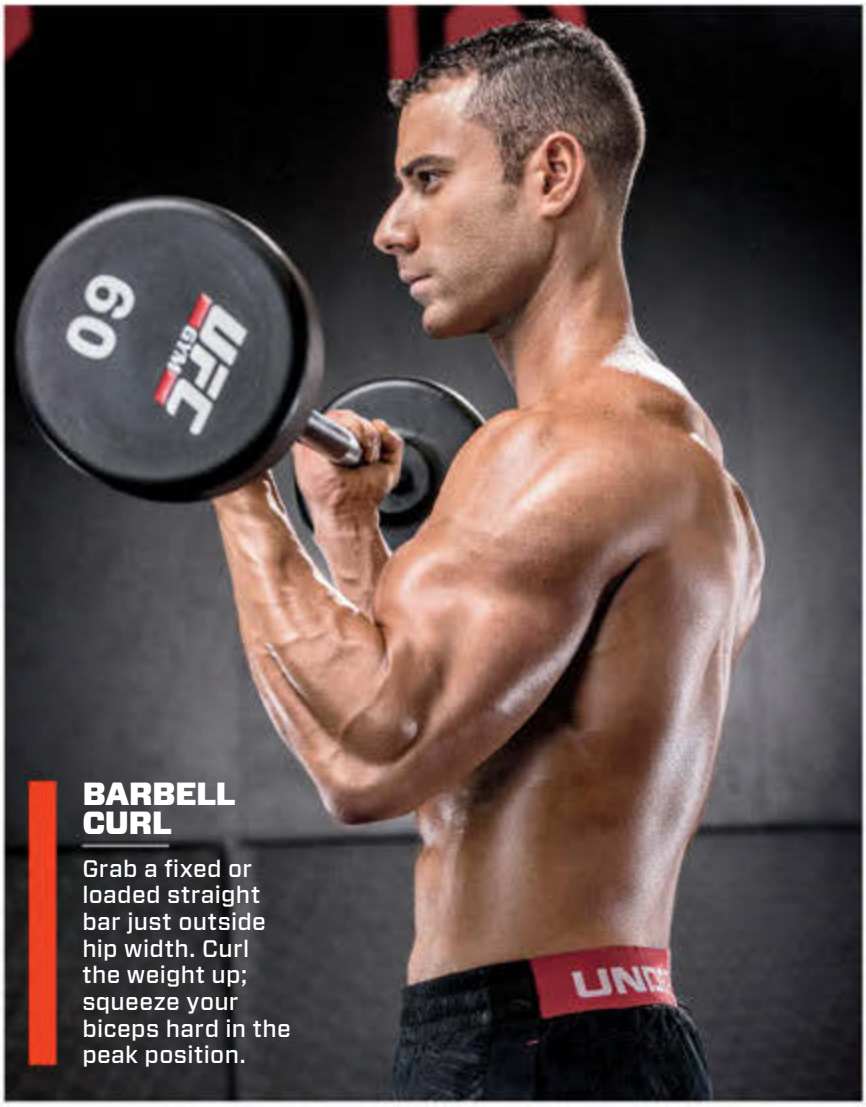
CIRCUIT 1

EXERCISE	REPS
Dumbbell Snatch	8 each arm
Plyo Pushup	15
Jump Split Squat	10 each leg
Barbell Curl ADD DROPSET	12 12

CIRCUIT 2

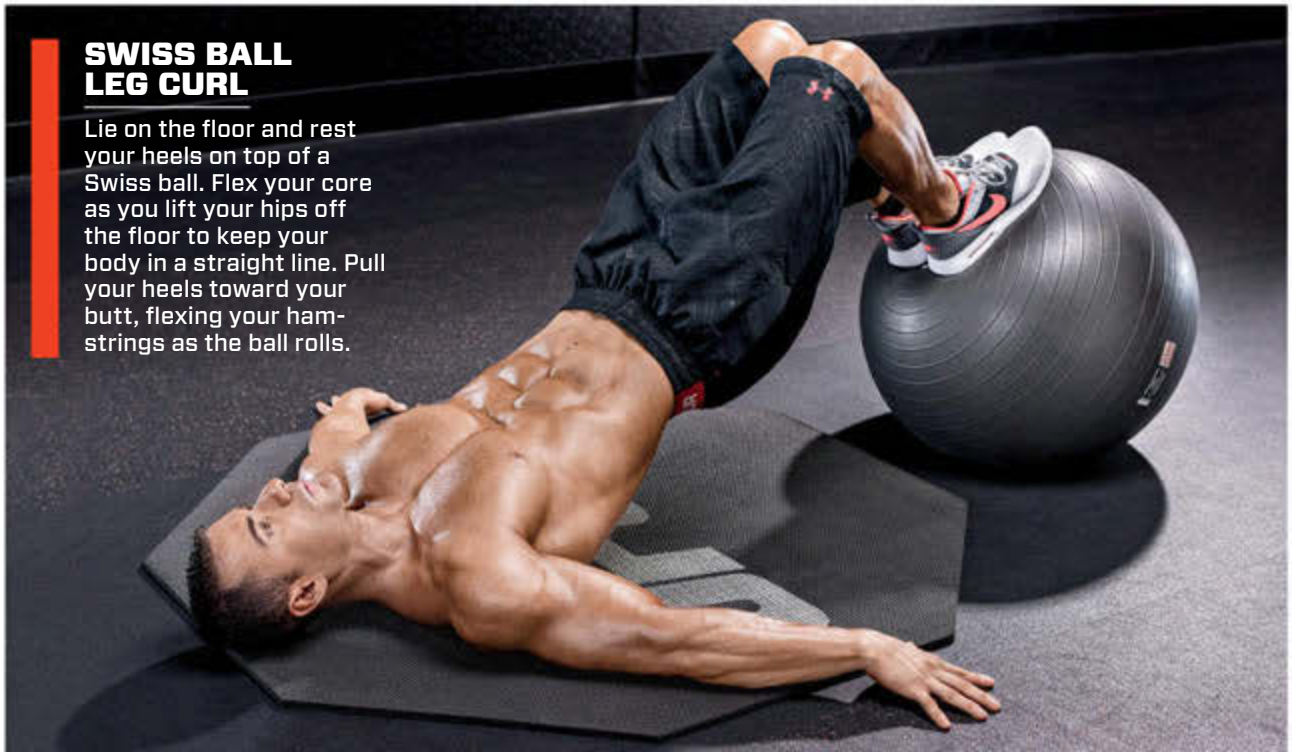
EXERCISE	REPS
Kettlebell Swing	20
Dumbbell Overhead Press	10
Dumbbell Stiff-leg Deadlift	10
Hammer Curl ADD DROPSET	12 12

CARDIO BURST:
ROW SPRINT x 500 METERS



BARBELL CURL

Grab a fixed or loaded straight bar just outside hip width. Curl the weight up; squeeze your biceps hard in the peak position.



SWISS BALL LEG CURL

Lie on the floor and rest your heels on top of a Swiss ball. Flex your core as you lift your hips off the floor to keep your body in a straight line. Pull your heels toward your butt, flexing your hamstrings as the ball rolls.



HAMMER CURL

Grab a pair of dumbbells using a neutral grip (palms facing in). Curl the weights up to your shoulders, one arm at a time, alternating each rep. Squeeze at the top.



DUMBBELL ONE-ARM UPRIGHT ROW

Hold a single dumbbell in front of your waist, your palm facing you. Pull the weight up your body to your chin, flaring your elbow out.

DAY 2

CIRCUIT 1

EXERCISE	REPS
Medicine Ball Slam	12
Dumbbell Rear-delt Flye	15
Plyo Drop Squat*	20
Dip	25

*Jump off of a box, land softly in the bottom of a squat.

CIRCUIT 2

EXERCISE	REPS
Wide-grip Pullup	Failure
Dumbbell One-arm Upright Row	10 each arm
Straight-arm Cable Pulldown	10
Reverse-grip Triceps Pushdown	10

CARDIO BURST: JUMP ROPE x 200 SKIPS



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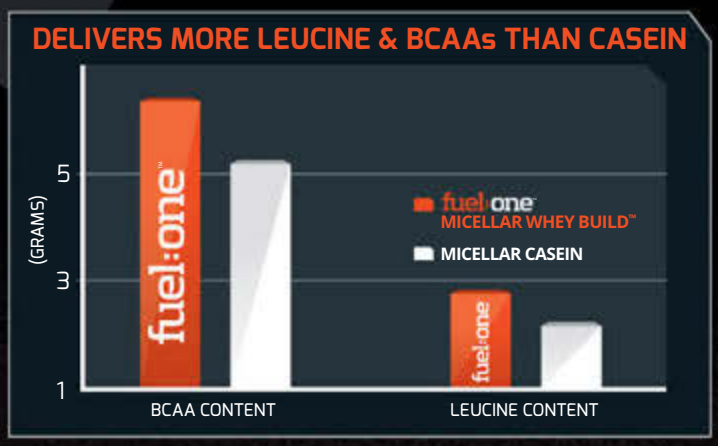
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STATIC ISOLATED MIDRANGE PUSHUP HOLD

Get into a pushup position and press up but stop shy of a lockout, with your elbows still bent. Hold the position for 60 seconds. This works like a plank but with a lot more work for your arms.

DAY 3

CIRCUIT 1

EXERCISE	REPS
Barbell Jump Squat*	10
Pec Flye on Swiss Ball	15
Seated Dumbbell Lateral Raise	12
Cable Curl	12

CIRCUIT 2

EXERCISE	REPS
Dumbbell Push Press	8
Static Isolated Midrange Pushup Hold	1 minute
Swiss Ball Leg Curl	15
Kettlebell Curl	10

CARDIO BURST: TREADMILL SPRINT x 1/4 MILE

*Use 30% 1RM

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DAY 4

CIRCUIT 1

EXERCISE	REPS
Medicine Ball Wall Slam*	10
Seated Cable Row	10
Dumbbell Pullover	10
Lying Triceps Extension	10

*Each side.

CIRCUIT 2

EXERCISE	REPS
Cable Chop (low to high)	15*
Shoulder T**	10
Reverse Shoulder T***	10
Bench Dip	20

*Each side.
**Do a front raise, then spread your arms to form a "T."
***Do a lateral raise, then bring your arms to the front of your body. Lower and repeat.

CARDIO BURST:
BOX JUMP
(MAX HEIGHT) x 10



DB PULLOVER

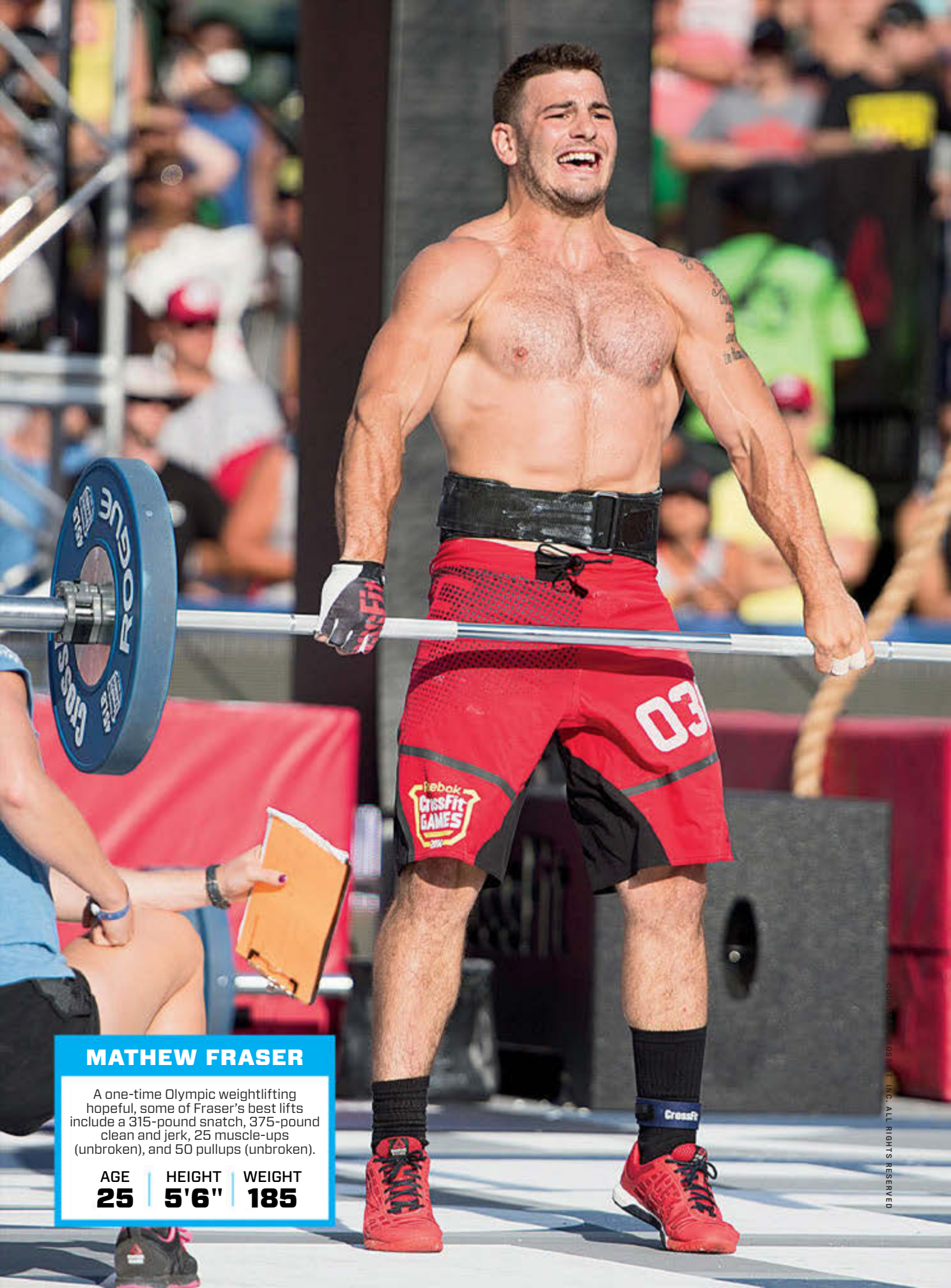
Lie on a flat bench and hold up a single dumbbell, your hands on the underside of the top plate. Extend your arms behind you so they're parallel to the floor, then lift the weight back up.





MEDICINE BALL WALL SLAM

Hold a medicine ball and stand perpendicular to a wall. Swing the ball away from the wall, then explosively toward it, releasing it into the wall. Do equal reps on both sides. MAF



MATHEW FRASER

A one-time Olympic weightlifting hopeful, some of Fraser's best lifts include a 315-pound snatch, 375-pound clean and jerk, 25 muscle-ups (unbroken), and 50 pullups (unbroken).

AGE	HEIGHT	WEIGHT
25	5'6"	185

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IT'S GAME TIME

WE PREVIEW THE BEST IN THE FIELD AT THE 2015 CROSSFIT GAMES—AND GIVE YOU THEIR WORKOUTS TO SEE HOW YOU MEASURE UP.

BY RON MATHEWS

FOR THE FIRST time in four years the title of "The Fittest Man on Earth" will belong to someone new. The 2015 CrossFit Games commence on July 21, and when they do, four-time champ Rich Froning won't be defending his title. Dry your eyes; he'll still compete with a team this year. He even ripped through the Open workouts, capturing the second-best overall score after Mathew Fraser, who's become the front-runner in a crowded field. Here, we break down the top contenders for the men's and women's titles—and the workouts it took to get there.



ALEX VIGNEAULT

With impressive strength (565 deadlift, 450 squat, 325 clean and jerk), Vigneault won the Canada East Regional and took second behind Fraser in the East Regional.

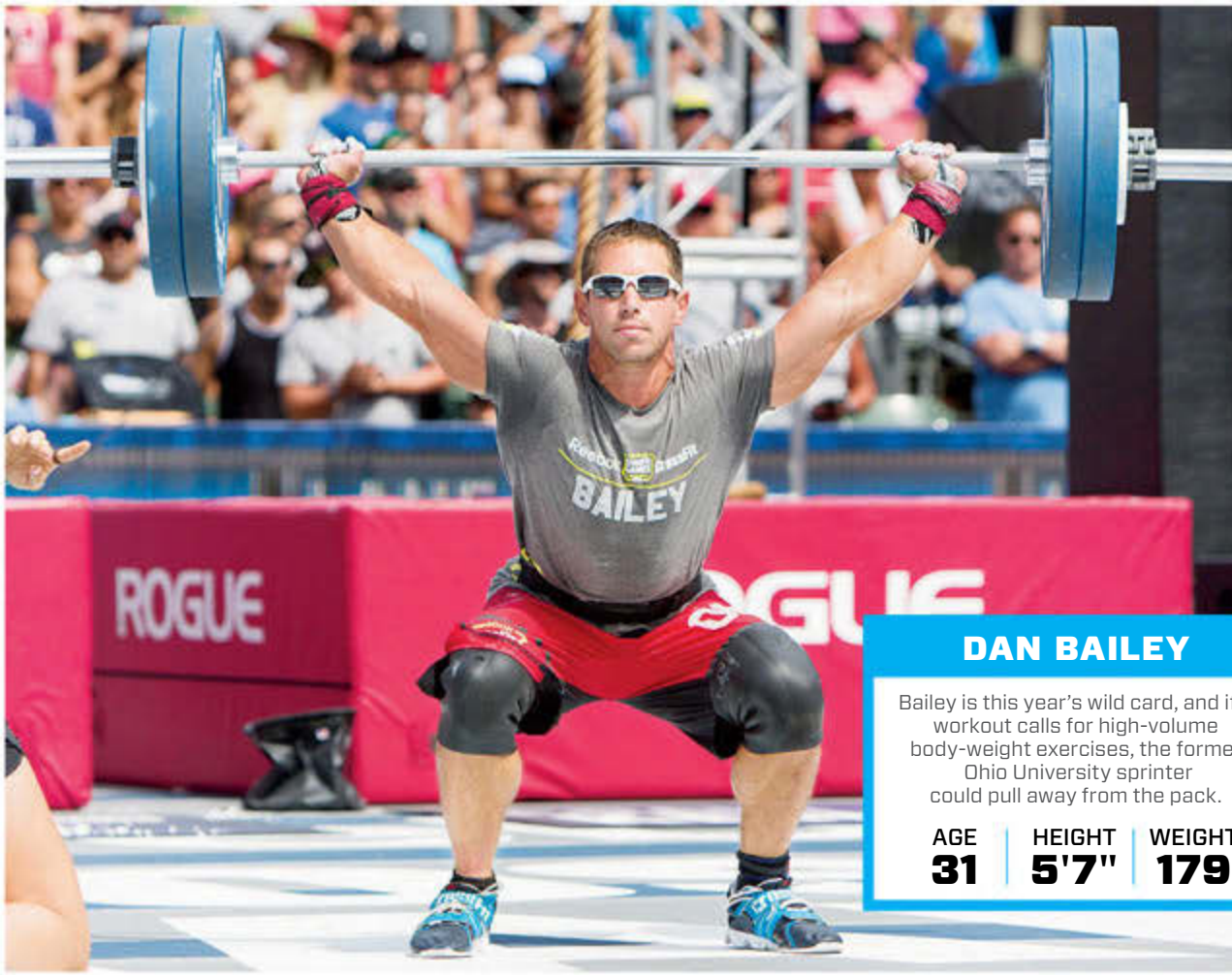
AGE	HEIGHT	WEIGHT
22	5'11"	203



SCOTT PANCHIK

Panchik hasn't finished outside the top five since 2012—the year he won an Open WOD by doing 161 burpees in seven minutes. Notable lift totals include a 360-pound overhead squat.

AGE	HEIGHT	WEIGHT
27	5'9"	187



DAN BAILEY

Bailey is this year's wild card, and if a workout calls for high-volume body-weight exercises, the former Ohio University sprinter could pull away from the pack.

AGE	HEIGHT	WEIGHT
31	5'7"	179

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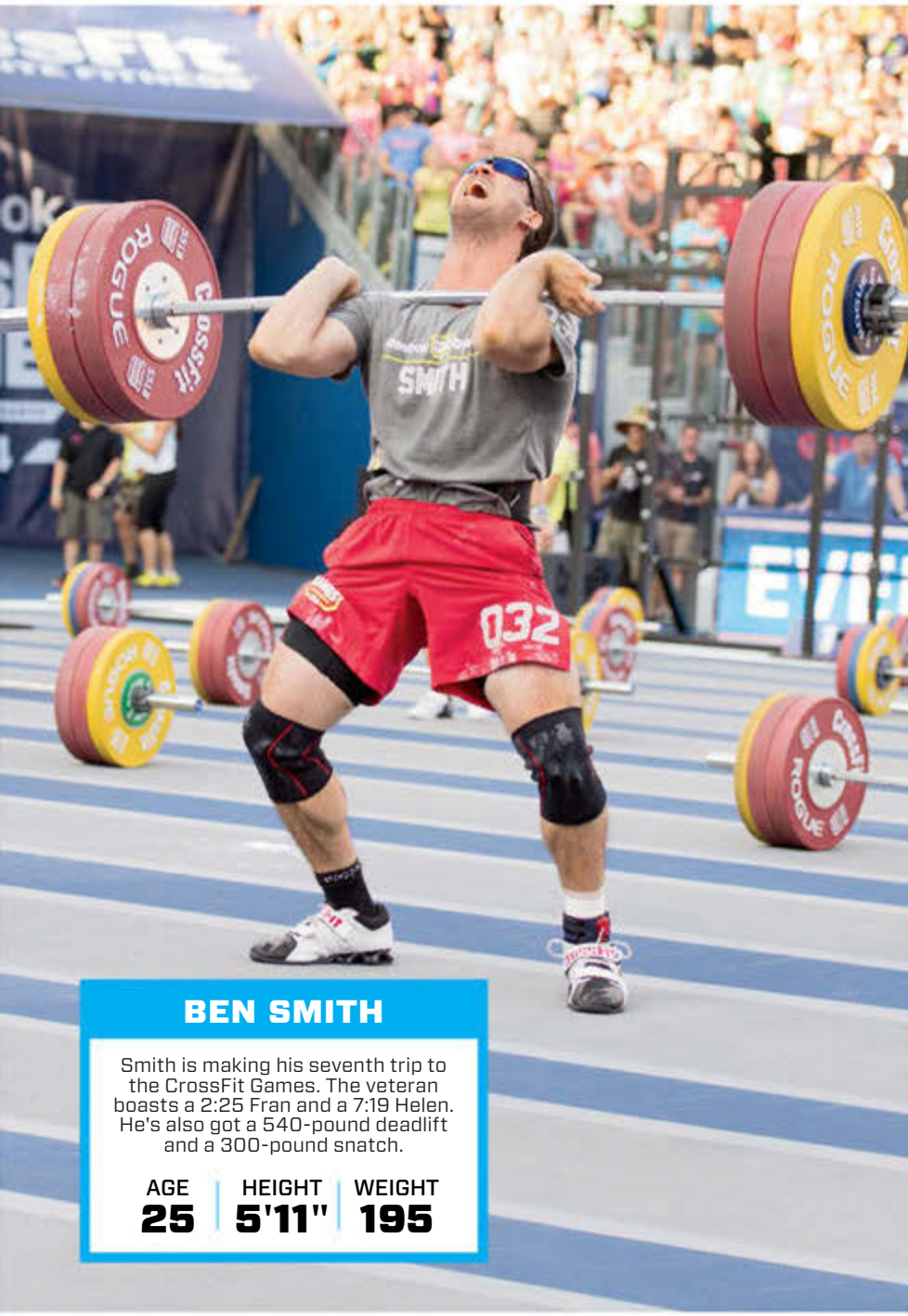
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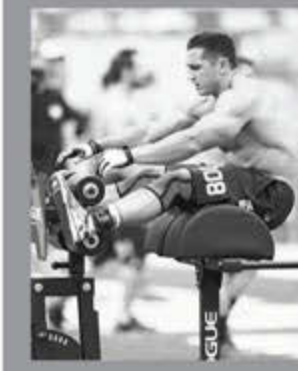
BEN SMITH

Smith is making his seventh trip to the CrossFit Games. The veteran boasts a 2:25 Fran and a 7:19 Helen. He's also got a 540-pound deadlift and a 300-pound snatch.

AGE	HEIGHT	WEIGHT
25	5'11"	195

GUYS YOU'LL MISS

Two of the biggest names in CrossFit are not gunning for the ultimate title.



JASON KHALIPA
A top contender each year, Khalipa joins the crew at NorCal CrossFit for a chance at team glory.

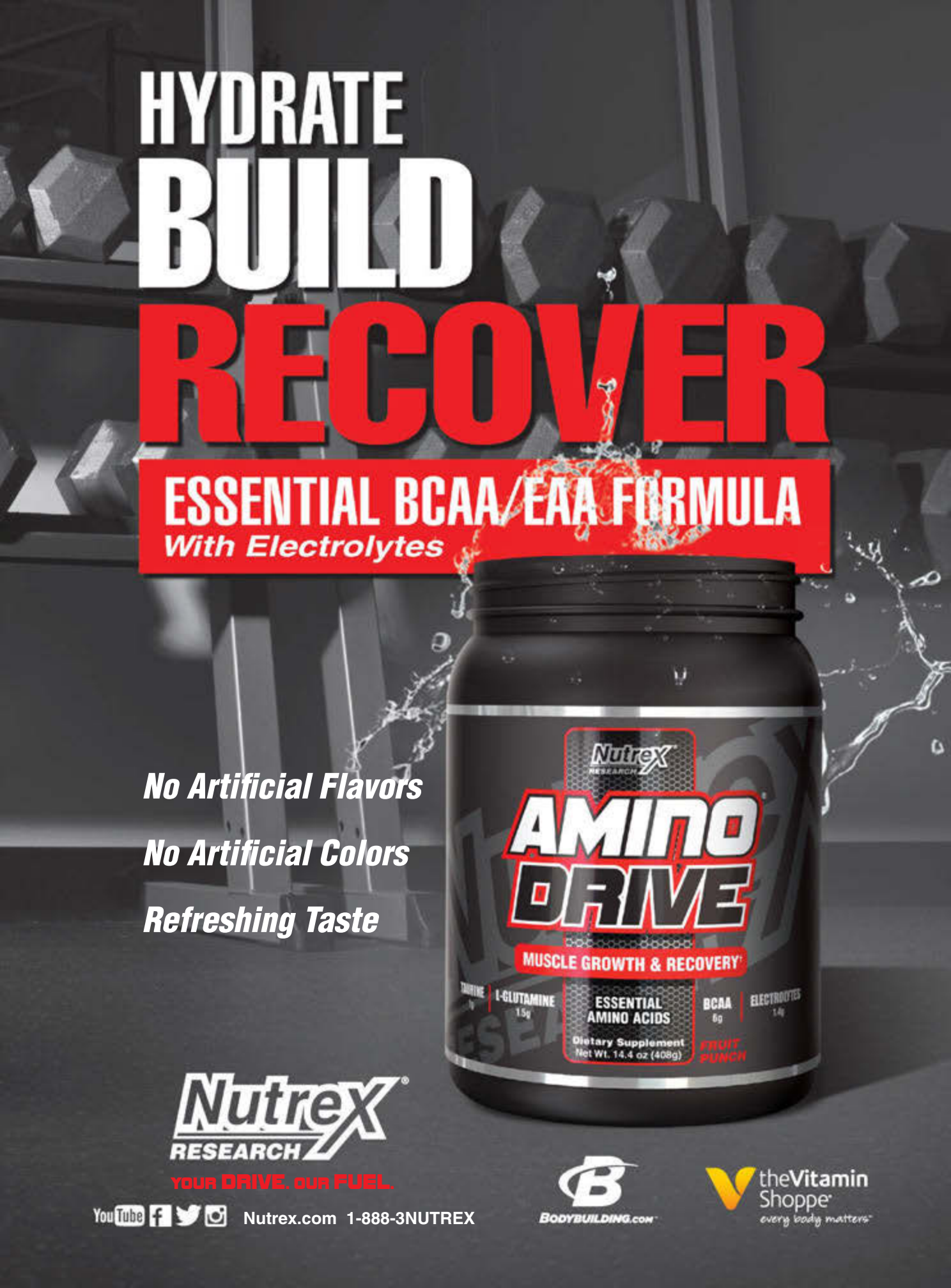


RICH FRONING
Rather than chase a fifth-straight title, Froning has joined team competition with CrossFit Mayhem.

GIVE THE GAMES A GO

Thinking of entering next year's CrossFit Open? Anyone—including non-CrossFit members—can enter. You'll need to complete five workouts over a five-week span. Each workout can be performed at a CrossFit affiliate or filmed and uploaded online. If your times make the cut, you'll get an invite to the Regionals. If they don't, keep working on your muscle-ups and snatches for 2017.

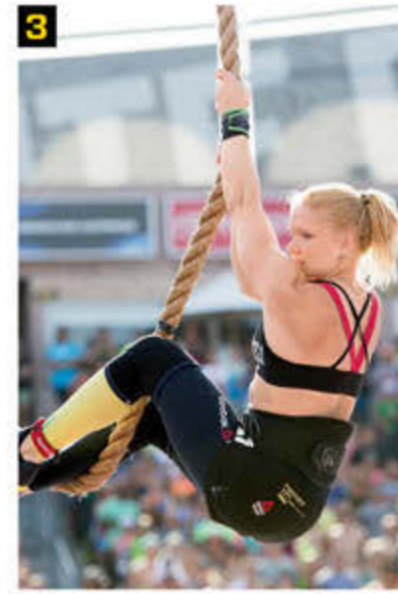
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REPEAT?
2014 women's champ, Camille Leblanc-Bazinet, looks to repeat. If successful, she'd be just the second women's champ to do so.





FEMALE COMPETITORS

In the women's field, a case can be made for past champions 1 **Camille Leblanc-Bazinet** (left, 2014), 2 **Samantha Briggs** (top, 2013), and 3 **Annie Thorisdottir** (2012, 2011) to walk (or limp) away victorious. However, writing off crowd favorites Julie Foucher or Aussie Kara Webb, who was leading the 2014 Games before injury forced her to pull out, could prove foolish.

DUSTIN SNIPES (BAZINET); COURTESY CROSSFIT INC.
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HARD AND FAST
Competitors need to be ready for it all, including 1RM Olympic lifts. One Open WOD had competitors max out on the clean and jerk. Rich Froning, pictured, worked up to 350 pounds. His all-time max is 370.

2015'S OPEN WODs

▶ WORKOUT 15.1

Toes-to-bar **x 15**

Deadlift **(115 / 75 lbs) x 10**

Snatch **(115 / 75 lbs) x 5**
Do as many rounds as possible in 9 minutes.

▶ WORKOUT 15.1A

Clean and Jerk **x 1RM**
You have 6 minutes to reach your 1RM, which is added to your score.

▶ WORKOUT 15.2

FROM 0:00–3:00 — 2 ROUNDS:

Overhead Squat **(95 lbs / 65 lbs) x 10**
Chest-to-bar Pullup **x 10**

FROM 3:00–6:00 — 2 ROUNDS:

Overhead squat **(95 / 65 lbs) x 12**
Chest-to-bar Pullup **x 12**

FROM 6:00–9:00 — 2 ROUNDS:

Overhead Squat **(95 lbs / 65 lbs) x 14**
Chest-to-bar Pullup **x 14**
Your workout is over when you can't complete any two rounds in the time limit. Your score is your total number of reps.

▶ WORKOUT 15.3

Muscle-up **x 7**

Wall Ball Shot **x 50**

Double-under **x 100**
Do as many rounds as possible in 14 minutes.

▶ WORKOUT 15.4

Handstand Pushup **x 3** Clean **x 3**

Handstand Pushup **x 6** Clean **x 3**

Handstand Pushup **x 9** Clean **x 3**

Handstand Pushup **x 12** Clean **x 6**

Handstand Pushup **x 15** Clean **x 6**

Handstand Pushup **x 18** Clean **x 6**

Handstand Pushup **x 21** Clean **x 9**
Do as many rounds as possible in 8 minutes. Men clean 185. Women clean 125.

▶ WORKOUT 15.5

Row (calories) **27-21-15-9 reps**

Thrusters **27-21-15-9 reps***

*Men use 95 pounds; women use 65 pounds.

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SUMMER GRILLING SPECIAL

There's nothing more American than cooking over an open flame all summer long. These recipes will let you enjoy one of man's favorite pastimes while keeping your muscle-building goals on track.

BY **CHEF GAVAN MURPHY**
PHOTOGRAPHS BY **TRAVIS RATHBONE**

CITRUS GRILLED SHRIMP

SERVES 4

1½ lbs medium wild shrimp (peeled and deveined)
10-inch steel or wooden skewers
Zest and juice of 1 orange
Zest of 1 lemon
2 tbsp fresh ginger, grated
Drizzle of olive oil
Salt
Pepper

1) Place 6 shrimp on each 10-inch skewer. If using wooden skewers, soak in cold water for at least 1 hour before grilling to prevent burning.

2) Combine orange zest and juice, lemon zest, ginger, and olive oil in a small mixing bowl. Use a brush to evenly coat one side of each skewer. It's ideal to do this right before you grill the shrimp. If left for too long, the citrus will begin to cook the shrimp.

3) Lay the shrimp on a hot grill, glazed-side down. Cook for 2 minutes, glaze the opposite side, flip, then grill for 2 more minutes.

MACROS PER SERVING

189	36g	4g	1g
CALORIES	PROTEIN	CARBS	FAT

CHEF'S TIP

The citrus glaze in this recipe also works well for grilled vegetables like zucchini, squash, Japanese eggplant, and asparagus. Coat evenly, and grill them for just a few minutes per side.



CHEF'S TIP

Cooking steak to medium rare doesn't just taste better but better preserves the quality of its protein, aminos, and other nutrients.

GRILLED FLANK STEAK SALAD

SERVES 2

8 oz organic flank steak
Balsamic vinegar
Salt
Pepper
2 cups organic mixed greens
1 organic yellow pepper, thinly sliced
1 cup cherry tomatoes, washed, halved
½ avocado, diced small
2 tbsp balsamic vinaigrette

1) Place the steak and balsamic vinegar (enough to generously coat the steak) in a resealable bag and marinate in the fridge for 30 minutes before cooking.
2) Remove the steak from the fridge and season with salt and pepper on both sides. Sear the steak on a hot grill pan for 4 minutes each side for medium. Allow the steak to rest for 3-4 minutes to let the juices redistribute back into the meat before slicing.
3) Place greens, yellow pepper, and cherry tomatoes in a large salad bowl and toss. Top with avocado, slices of steak, and balsamic vinaigrette, then serve.

MACROS PER SERVING

574	39g	41g	29g
CALORIES	PROTEIN	CARBS	FAT



CHEF'S TIP
Keeping the skin on the chicken breast while grilling will protect the flesh from charring and becoming tough.

GRILLED CHICKEN SUCCOTASH

SERVES 4

3 (8 oz) organic chicken breasts with skin, (skin can be removed after cooking)
Salt
Pepper
Cooking spray made from canola or grapeseed oil
2 tbsp olive oil
1 red bell pepper, diced
1 yellow bell pepper, diced
½ red onion, diced
1 cup chicken broth
2 garlic cloves, minced
2 fresh corn on the cob, kernels removed *or* 1 bag frozen corn
½ pint cherry tomatoes
1 tsp chili flakes
2 cups lima beans
1 tbsp fresh cilantro, chopped
1 lemon

1) Preheat grill to high heat.
2) Season chicken breasts with salt and pepper on both sides. Spray grill liberally with oil spray and sear the chicken skin side down for 3-4 minutes, or until golden brown. Flip and sear for an additional minute, then move the chicken to a lower-temperature area of your grill (or finish it in a foiled tray in a conventional oven).
3) Once cooked, let rest for 2 minutes before cutting. This will redistribute the juices back into the meat.
4) While the chicken is cooking, heat a large sauté pan to medium-high heat for 1 minute. Add 2 tbsp of olive oil then add in the peppers and onions and cook for about a minute, stirring. Stir in chicken broth, garlic, corn, tomatoes, and chili flakes and sauté together for 4-5 minutes. Reduce heat to medium, then add in the lima beans and sauté with the other ingredients for 2 more minutes.
5) Taste and season with additional salt and pepper. Add chopped cilantro to finish as well as a squeeze of lemon juice.

MACROS PER SERVING

586	60g	37g	22g
CALORIES	PROTEIN	CARBS	FAT

AHI TUNA BURGERS

SERVES 4

1 lb sushi-grade ahi tuna
2 tbsp low-sodium tamari (or soy sauce)
1½ tbsp olive oil
Zest and juice of 1 lime
¼ cup fresh cilantro, chopped
2 tsp ground ginger
1 tbsp Dijon mustard
½ tsp wasabi paste
¼ tsp salt
¼ tsp pepper
4 whole-wheat rolls

FOR GARNISH:
sprouts
avocado
lettuce

1) Chop the tuna into chunks and add to a food processor. Pulse a few times to break down tuna.
2) In a large mixing bowl add tamari, olive oil, lime juice, and zest, cilantro, ginger, Dijon mustard, wasabi paste, salt, and pepper. Mix and add to tuna. Blend until well combined, about 1 minute until it has a consistency similar to ground beef.
3) Form evenly into 4 patties.
4) Preheat large nonstick sauté grill pan on medium heat for 1 minute. Sear for 2 minutes on each side for rare burgers or longer for more well done.
5) Serve with fresh sprouts, avocado, and lettuce on a toasted whole wheat bun.

MACROS PER SERVING

465	39g	25g	24g
CALORIES	PROTEIN	CARBS	FAT



CHEF'S TIP

For a healthier homemade alternative to store-bought ketchup, go to *gavanmurphy.com* for Gavan Murphy's recipe for ginger-spiced ketchup.

SUMMER POTATO SALAD

SERVES 4

1 lb mini potatoes
1 large garlic clove, minced
1 tbsp olive oil
Salt
Pepper
8 oz baby summer squash, green and yellow
4 radishes, thinly sliced
2 tbsp chives, chopped
1 tbsp Dijon mustard
1 tbsp chives
Juice of ½ lemon
½ cup olive oil

1) Preheat oven to 385°F.
2) Cut the potatoes in half. In a large mixing bowl toss potatoes, and garlic together with 1 tbsp olive oil and salt and pepper.
3) Lay the potatoes *only* in a single layer on foiled oven tray. Bake in oven for 30 minutes, or until tender.
4) After 15 minutes, add the baby squash, radishes, and 2 tbsp chives to potatoes in the oven. Cook until tender but not mushy. Remove tray from oven and let sit for a few minutes.
5) Make the dressing by combining Dijon mustard, 1 tbsp chives, lemon juice in a food processor and slowly add the ½ cup of olive oil. If you don't feel like breaking out the food processor, you can put everything in a small container with a lid and give it a good shake to emulsify.
6) Put cooled mixture in a bowl and lightly coat with dressing; use only about half of the dressing, saving the rest for other salads you might have during the week.

MACROS PER SERVING

359	3g
CALORIES	PROTEIN
26g	29g
CARBS	FAT

Chef Gavan Murphy lives in Los Angeles. Find him on the Web at *gavanmurphy.com* and on Twitter *@healthyirishman* and Instagram *@gavanmurphy.*

SLAMMIN' SUMMER SALMON

SERVES 4

2 lbs wild Pacific salmon
2 cups freshly squeezed orange juice
¼ cup low-sodium tamari (or soy sauce)
2 tbsp fresh ginger, chopped
2 blood oranges, cut into segments
1 navel orange, cut into segments
1 cup red pepper, julienned (matchstick-size strips)
1 cup red onion, thinly sliced
2 tbsp fresh cilantro, chopped
1 tsp toasted sesame oil

1) Mix OJ, tamari, and ginger in mixing bowl and marinade salmon for up to 2 hours in the fridge. Remove 30 minutes before cooking to allow it to return to room temperature.
2) Using a small, sharp knife, cut the peel and the white pith away from the orange. Hold the oranges over a bowl and cut in between the membranes to release the orange segments into the bowl. Once all the segments are released, squeeze remaining juice from the oranges over the segments.
3) In separate medium mixing bowl, combine the red pepper, onion, cilantro, sesame oil, and pinch of salt together. Add the orange segments. This should be prepared 1 hour before you cook the salmon.
4) Preheat oven to 400°. Lay the marinated salmon on a foiled oven tray and roast in oven for about 20 minutes or until opaque in color and firm to the touch.
5) To serve, layer orange-pepper mixture over salmon. MEF

MACROS PER SERVING

581	66g	36g	19g
CALORIES	PROTEIN	CARBS	FAT





GOT A SUMMER TRIP TO AN EXOTIC BEACH NEXT WEEK?

NO PROBLEM!

GET IN PHOTO-READY SHAPE WITH...

THE 7-DAY SHRED

Don't let the headline fool you. We're not trying to "Lose weight fast!" There will be no long stays in a sauna or running around in the blazing heat, wearing a poncho. Such measures can hinder performance and hurt your body. Unlike extreme methods, our 7-Day Shred is a nutrition and cardio plan similar to what a bodybuilder or physique competitor would use to achieve peak condition before a contest. It will give your muscles a hard and dry look without sacrificing your health in the process.

BY MARK BARROSO

Designed by Brad Pilon, author of the intermittent fasting guide *Eat Stop Eat,* the purpose of the 7-Day Shred is purely improved aesthetics. It's a weeklong diet that accompanies whatever weight training split you're currently using.

This is a safe and effective way to peak for a bodybuilding show, photo shoot, wedding, vacation, day at the beach, or even a roll in the hay. You've put in the work. Now it's time show it off.

HOW IT WORKS

The 7-Day Shred works best for the man who is already around 10–15% body fat but wants to put the finishing touch on his physique. For the duration of this plan, you'll stick to your regular weight training routine, except for Day 5, when Pilon prefers a high-volume, total-body workout to stoke metabolism. There is no sodium manipulation since Pilon says "you only see a noticeable difference with salt manipulation when a guy is very lean—8% body fat or less." Pilon also advises against eliminating water from the diet because water makes "muscles stay fuller, while your skin is still tighter looking. It's a win-win." Take note of the rules below and start watching your physique transform before your eyes.

THE RULES

The following rules apply to the entire seven days of the plan.



CARBS: The only carbs allowed are starches such as whole grains—rice, whole-wheat pasta, potatoes, and sweet potatoes. Fruit has sugar, so leave it out.



CARDIO: "Low-intensity cardio" refers to walking, biking, or using an exercise machine like an elliptical or StairMaster StepMill. Keep your heart rate between 120–140 beats per minute.



SUPPS: BCAAs and protein. Limit protein shakes to one per day. If you're over 215 pounds, add a second shake. If black coffee makes you hold more water, try a caffeine pill.



SUGAR: Foods with added sugar are prohibited.



ALCOHOL: Alcohol is prohibited.

THE MATH

Each day, you'll multiply your body weight in pounds by a given number to determine the calories you need to consume that day. From there, you'll figure out your macronutrient intake: the measure of protein, carbs, and fat you need.

THE 7-DAY SHRED

DAY 1

START A 24-HOUR FAST between noon and 2 p.m. That means don't eat anything until the same time the next day. During this fast, you can drink water (flat or sparkling), black coffee, or tea.

DAY 2

NUTRITION

Your body weight (BW) x 8 = Total Calories
BW x 2 = Calories from Protein
BW x 3 = Calories from Carbs
BW x 3 = Calories from Fat

HYDRATION

Drink an extra 2.5 liters of water than you normally do.

TRAINING

Low-intensity cardio (performed toward end of fast)
DURATION: 60 minutes

DAY 3

NUTRITION

BW x 12 = Total Calories
BW x 3 = Calories from Protein
BW x 5 = Calories from Carbs
BW x 4 = Calories from Fat



HYDRATION

Add another **.5 LITER OF WATER,** so now you're drinking 3 more liters of water than you normally do.

DAY 4

NUTRITION

BW x 10 = Total Calories
BW x 3 = Calories from Protein
BW x 4 = Calories from Carbs
BW x 3 = Calories from Fat

HYDRATION

Add another .5 liter of water so now you're drinking 3.5 more liters of water than you normally do.

TRAINING

Low-intensity cardio
DURATION: 45 minutes



DAY 5

NUTRITION

BW x 8 = Total Calories
BW x 3 = Calories from Protein
BW x 3 = Calories from Carbs
BW x 2 = Calories from Fat

HYDRATION

Add another .5 liter of water so now you're drinking 4 more liters of water than you normally do.

TRAINING

Do a full-body, high-volume weight workout. Post-workout, eat a meal that includes at least your body weight in pounds of calories from carbohydrates. For example, if you weigh 180 pounds, eat 180 calories from carbs, which is 45 grams of carbs.

After your post-workout meal begin a 16-hour fast. Start between 4 p.m. and 10 p.m. During this fast continue to drink water, black coffee, or tea, but no carbonated drinks.

DAY 6

NUTRITION

Eat the following once your fast is over:
BW x 10 = Total Calories
BW x 3 = Calories from Protein
+ 8–10 grams BCAAs
BW x 1 = Calories from Carbs
BW x 5 = Calories from Fat

AVOID

All dairy products, except butter or cheese that are at least 45% fat, for example Picobella. Cheeses with more fat will have more protein.

HYDRATION

Drink as much water as you did on Day 5.

TRAINING

Low-intensity cardio (perform fasted in the morning)
DURATION: 45 minutes

THROUGHOUT THE PROGRAM AVOID SIMPLE SUGARS. THEY INCLUDE:

- Soda
- **BREAD**
- Fruit juices
- Yogurt with fruit, candy, additives, etc.
- Breakfast cereals
- Crackers
- Honey, jam, and sweet sauces

SAMPLE DAY

This is how the numbers would look for a 190-pound male for DAY 1.

190 x 8 = 1,520 Total calories
190 x 2 = 380 = Calories from Protein
190 x 3 = 570 = Calories from Carbs
190 x 3 = 570 = Calories from Fat

PREVIOUS SPREAD: EDGAR ARTIGA; BRIAN KLUTCH; CORBIS; BRIAN KLUTCH; GETTY IMAGES; CORBIS. THIS SPREAD: CHRIS BRIGNELL/ALAMY; BRIAN KLUTCH; DUSTIN SNIPES



DAY 7

NUTRITION

BW x 8 = Total Calories

BW x 2 = Calories from Protein
+ 2 Servings of 8–10 grams BCAAs

BW x 1 = Calories from Carbs

BW x 5 = Calories from Fat

Start a 12-hour fast between 8 p.m. and 10 p.m. At the beginning of your fast, you're done with water loading. So once you start fasting, your water consumption can go back to your normal intake before starting this program.

AVOID

All dairy products, except butter or cheese that are at least 45% fat. Carbonated beverages.

TRAINING: OFF DAY

DAY 8

SHOW TIME!

Avoid dairy and sparkling water. M&F

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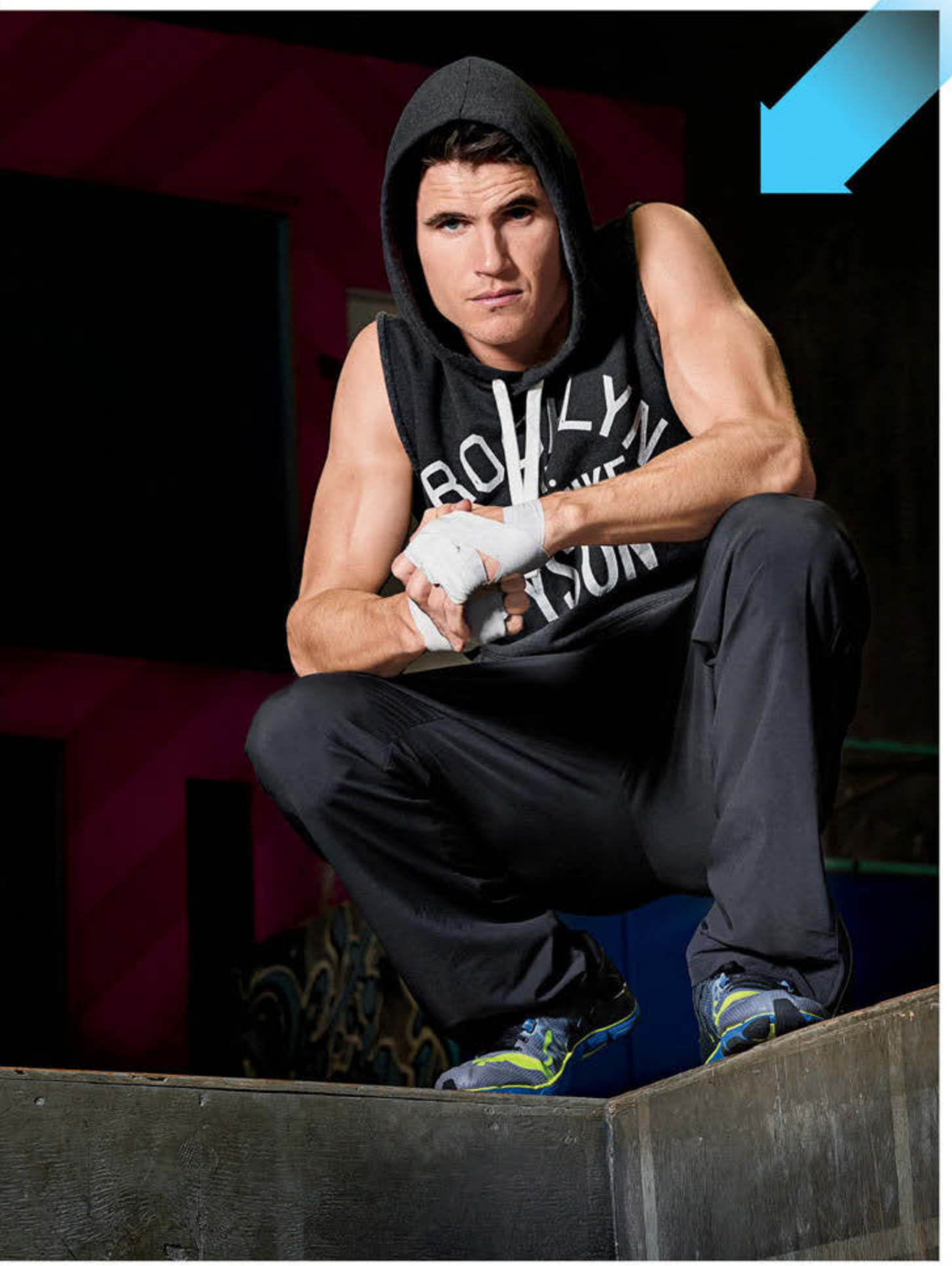
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SOAR LIKE A SUPERHERO

The Flash star **Robbie Amell** found flight and freedom in free running. You can too.

BY SEAN HYSON ///
PHOTOGRAPHS BY IAN SPANIER





SHOT ON LOCATION AT TEMPEST FREERUNNING ACADEMY, CHATSWORTH, CA



We're watching Robbie Amell vault over boxes, run up walls, jump off 50-foot ledges, and swing from bars as if they were vines in a jungle and he were Tarzan. He's sweating and his hands are getting rubbed raw. It's a display of well-rounded athleticism rarely seen outside of a movie screen or an episode of *American Ninja Warrior,* and, most impressively, Amell's out of practice with it.

"I haven't done this in a year," he says, in between heaving breaths. The 27-year-old actor, now starring as Firestorm in the CW hit series *The Flash,* began freerunning three years ago, but the demands of shooting movies, including last winter's *The DUFF* and this summer's *Max,* in which he plays an ill-fated Marine, have kept him away from it. He came back to Tempest Academy, a freerunning gym in Chatsworth, CA, yesterday to get his groove back before our photo shoot, and he's still finding his bearings. But even though Amell's movement may not be up to his standards, it's far more fluid than most—especially grizzled gym vets with tight hips and bad shoulders.

HIS GENERATION

It's a harbinger, perhaps, of a new breed of superhero movie stars to come. Not only will they be muscular and six-pack adorned, as Amell is, but they'll be able to move powerfully as well—akin to the way their characters do in outlandish action sequences, but for real. "Freerunning has helped me get in shape for roles," says Amell, who might have qualified for pro hockey had he not changed paths to acting. The Toronto native stands 5'11" and weighs 165 pounds, and credits freerunning training with allowing him to perform complicated stunts himself. "On *The Flash,* I had to jump off a roof and kick a guy in the head. I wouldn't have been able to pull that off before."

And he's not the only one—not even in his own family. His older cousin Stephen Amell also plays a hero on CW's *Arrow,* a companion show with a story line that exists in the same universe as *The Flash.* He, too, is ripped, handsome, and into freerunning, and will star in the upcoming *Teenage Mutant Ninja Turtles* sequel. "My cousin got me into this," he says. "It's the hardest workout we've ever done."

LET NOTHING STOP YOU

Freerunning was born from parkour, a sport that originated with the obstacle courses used to train France's military personnel, according to JT Hiltibran, a freerunning coach at Tempest. "Parkour is about moving from Point A to Point B in the most efficient way possible," he says—regardless of what bushes, holes, or walls may lie between the two. "Freerunning is more about style and expressing yourself through movement." As a result, freerunners are known for their acrobatic tricks and showmanship, and the training—now a sport itself, where competitions are judged according to movement efficiency as well as the difficulty of tricks—is growing nationwide.

Amell sums up freerunning's appeal as not only a way to learn how to pull off stunts like in the movies but also to experience camaraderie with other fitness seekers (as you see in CrossFit boxes). "That's mainly it," he says. "You get in shape just by being around other people and doing it with them." To those who may be turned off by counting sets and reps or competing against others on exercises, freerunning offers calorie-burning and muscle-building activity without structure, obligation, or pressure to perform. "It's so freeing to come in here and work out the way you want to," says Amell. "Not just go to the gym and lift weights." No two freerunning classes are alike, and there's no specific curriculum.

CLINGING TO LIFE

Of course, freerunning does have the potential to promote a few anxieties: fear of falling to one's death, for instance. But in spite of the risky maneuvers Amell performs for us, injuries are very rare. "It's mental," he says. "You're going to be afraid to take a flying jump until you do it, and then you see it's not that big a deal. So, in that sense, it's really good training for life." As for the learning curve, Amell says it took him a handful of hour-long classes at Tempest to get the basics down and be comfortable taking leaps and bounds. Once you get comfortable inside, running through a course with supervision, Hiltibran says, you can go outdoors for a real challenge. "You can use walls, ledges, rails. Your body is the limit on what you can do."

The hardest trick of all for Amell remains the "cliffhanger," in which the freerunner crawls laterally along multiple ledges of different heights by his fingers. Amell's lats, shoulders, and forearms bulge as he attempts it, which is probably the muscular equivalent of performing hundreds of pullups. He makes a few passes at it, enough for us to get our shots, and then drops softly from the wall. "My dream role is to play Batman one day," he says, which would be the fulfillment of a childhood fantasy that began with a love of comic books. Whether or not Amell ultimately gets the call, one thing is for sure: He won't have trouble scaling Gotham Cathedral when the time comes.

THE FREERUNNING FOUR

PRACTICE THESE MOVES TO GET THE SPEED AND AGILITY OF A SUPERHERO.

FOR ROBBIE AMELL, the freerunning techniques that follow are only a warmup. But for everybody who doesn't make a living bounding off walls and jumping over people, they're enough of a workout on their own to build quickness, balance, and conditioning. Practice them at your own risk, or, better yet, find a freerunning gym like Tempest (*tempestacademy.com*) to get in-depth instruction.



KONG VAULT

Run toward a sturdy box or other obstacle and begin to jump a few feet in front of it—you should have to reach to touch the edge of it. Lean your torso forward and dive toward the wall almost as if you were diving into a pool in front of you. Touch the wall with arms straight and on the outside of your legs.

Tuck your knees to your chest and let the momentum carry you over the obstacle. **If that's too difficult, jump only high enough to place your feet somewhere on the obstacle and stop.** Progress to putting one foot on top of the surface—then both feet.

SPEED VAULT

Run toward the obstacle. As you approach it, push off with your left leg and kick your right leg up and out to the side. Allow the left leg to follow it. As your body passes over the obstacle, lightly place your left hand on the surface for support.

While in the air, bring your left leg in front of your body as you draw the right leg back. Land softly on your left leg on the other side of the obstacle and continue running fluidly. Don't turn your hips over or you'll land on both legs facing the obstacle. **The goal is to keep moving in the same direction without slowing your pace.**

Beginners should start with a simple safety vault, where you briefly tap your right foot on the obstacle for stability as you're vaulting over it.

GROOMING BY CARISSA FERRERI

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DASH VAULT

Run toward the obstacle and jump with your right leg, raising it above your hips. Let your left leg follow suit. As you pass over the box, touch your hands down on the surface next to your hips with fingers facing forward. Lean back and align your legs so your body takes a V-sit shape.

Push your body forward with your arms, spreading your chest, and kick both legs to help you off the box. Land on the ground upright, not leaning backward. **To get the technique down, start by simply running and jumping up onto the obstacle and sticking the landing** (imagine doing a running box jump). From there, try getting off the box by planting your hands on it and kicking your legs out to land in front of the box. Practice!

WALL RUN

Make sure you're wearing shoes that offer good traction. Take time to measure out how many steps you need to take to get to the wall and which foot you'll jump off of. Run to the wall and place your foot on it at about hip level (that is, while standing)— **if you place it too high, you'll kick the wall and bounce off; too low, and you'll slide down it.** Speed up as you approach the wall—trust your foot. Reach with your arms as you move up the wall to grab the top and help you pull yourself over it. M&F

SEE AMELL IN ACTION as Firestorm, aka Ronnie Raymond, on *The Flash*, Tuesdays at 8 p.m. on **the CW network.**



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THE STRAIGHT UP SERIES

CHEST

Press and flye your way to a more chiseled pair of pecs with this barebones routine.

BY JOE WUEBBEN ///
PHOTOGRAPHS BY PER BERNAL ///

WORKOUT DESIGNED BY JIM RYNO



FLAT-BENCH DUMBBELL FLYE

"Personally, I like to have people go superdeep on flyes and come only about a third of the way up," says trainer Jim Ryno. "This keeps real isolation on the pecs. Back in the day, Arnold used to perform them in this fashion. Seemed to work for him."



SAVE THE PLYO push-ups and medicine ball throws for your "functional" workout. The first order of business is sculpting some size and shape into your chest. The best way to do that is through good old-fashioned free-weight presses and flyes. This is exactly what you're getting with the following routine, designed by Jim Ryno, a personal trainer and owner of luxury home gym design firm Iron House in Alpine, NJ. (*iron-house.co*).

Nothing fancy here. Just tried-and-true exercises in hypertrophy-friendly rep ranges



INCLINE BARBELL PRESS

If you have access to an incline rack with an adjustable bench, Ryno recommends setting the angle to 15–20 degrees instead of the standard 45 degrees. The lower angle will de-emphasize the anterior deltoids to place more stress on the pecs.

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[1]Average weight loss with the key ingredient (200mg green coffee) in Xenadrine Core™ was 10.9 lbs. vs. 5.4 lbs. in a 60-day study with a low-calorie diet, and 3.7 lbs. vs. 1.25 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.



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(8–12) and a press-flye superset finisher for good measure. "This combination of a multijoint and single-joint move will really force the muscles to respond," says Ryno of the final two exercises in the workout. "The way I see it, great muscle symmetry is built around a nice, fully formed chest. That's why I stuck to pure mass-gaining rep schemes and basic movements. You don't need to get too clever to build bigger pecs. Hit your presses hard and balance that out with some isolation flye movements and you're good to go."



DECLINE DUMBBELL PRESS

The declined angle should allow you to use more weight than with flat and incline presses, so feel free to overload the muscles with the biggest dumbbells you can handle.

FLAT-BENCH DUMBBELL PRESS

Don't lock out your elbows at the top of the rep and don't feel as if you need to touch the dumbbells together. Stopping just short of full extension will keep constant tension on the chest.





THE WORKOUT
CHEST

EXERCISE	SETS	REPS	REST
Incline Barbell Press*	4	8–12	30–45 sec.
Decline Dumbbell Press	4	8–12	30–45 sec.
Flat-bench Dumbbell Press	3	8–12	–
SUPERSET WITH			
Flat-bench Dumbbell Flye	3	8–12	60 sec.

*Perform this exercise at lower than a 45-degree angle if you have access to an adjustable incline bench with rack. M&F


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SUPPS

THIS MONTH IN SUPPLEMENT NEWS

Staying Power

The Costello brothers know the keys to lasting success.

BY MICHAEL IRONS



BRIAN KLUTCH







Above left: Mike Costello at company headquarters. Above right, Tony at Nutrivo's massive manufacturing facility. Left, Nutrivo's Rule 1 protein.

MIKE AND TONY COSTELLO made their bones in the supplement industry back in the 1980s. What began as a grassroots operation in their father's garage turned into Costello's Health Distributors and, eventually, Optimum Nutrition, a multimillion-dollar sports supp powerhouse. In 2008, after more than two decades at the helm of ON, the Costellos decided to detach themselves from the company they built from the ground up.

"Leaving Optimum Nutrition was a difficult decision that we didn't take lightly," Mike explains. "But the opportunity to exit came along...and we were ready to reap the rewards, but it was bittersweet."

Their R&R was to be short-lived. In 2013, Mike and Tony got the itch to put their combined 50-plus years of experience behind a new sports nutrition venture: Nutrivo.

A short time later, Nutrivo acquired Rivalus Sports Nutrition Inc., a supplement line that prides itself on producing safe, clean sports supps for athletes—and hiring third-party organizations to verify this through extensive tests. "Consumers have become very educated and know what they're looking for, and they're demanding transparency." Mike says. Adds Tony, "Nutrivo's state-of-the-art plant was built to fit all of the latest regulations. And while that comes with added costs for us, it shows how high our commitment level is to our consumers."

"CONSUMERS HAVE BECOME VERY EDUCATED AND KNOW WHAT THEY'RE LOOKING FOR, AND THEY'RE DEMANDING TRANSPARENCY." *— MIKE COSTELLO*

The Costellos' exceptional business success teaches lessons that can be applied to all areas of life, including the gym. Above, they provide three crucial pieces of advice.

THE COSTELLOS' KEYS TO SUCCESS

1 CHALLENGE YOURSELF

Achieving and maintaining peak condition takes consistent revisions to your training routine. Coast through your programs and you'll plateau. For the Costellos, revisions involved engineering products that would A) help an athlete improve performance, and B) taste good. "Tony met with a flavor company and another company to see if they could inject air molecules into the egg protein, and the next thing you know, our protein becomes the best-selling protein in the business," Mike says. "So we applied that principle to all of the products we sold and asked ourselves, 'How can we make the products that people are buying better?' That's the mindset we used to build Optimum Nutrition, and we're using it to take Nutrivo to the next level."

2 FIND THE RIGHT PARTNER

A good training partner knows when to lead and when to follow. Finding that balance can take time and patience but produces a huge payoff when harmony is finally achieved. "Tony has his areas [of the business] and I have mine...and we trust and respect decisions that are made," Mike says. "There has to be a trust factor there—and there has been between us from Day 1."

3 TAKE RISKS

It's hard to believe, but in the '80s, gyms were just gyms. No saunas, juice bars, or masseuse setups—just training equipment and mirrors. "My dad said there was a market for [selling egg protein in the gym], so I bought a couple of hundred dollars' worth of egg protein, put it into a gym bag, and took it to the gym," Tony explains. "Half my inventory sold out almost immediately. The next time I ordered $600 worth of egg protein, and I sold it all."

With training, when you refuse to leave your comfort zone you'll most certainly miss out on gains. In other words, taking calculated risks can turn into huge rewards.

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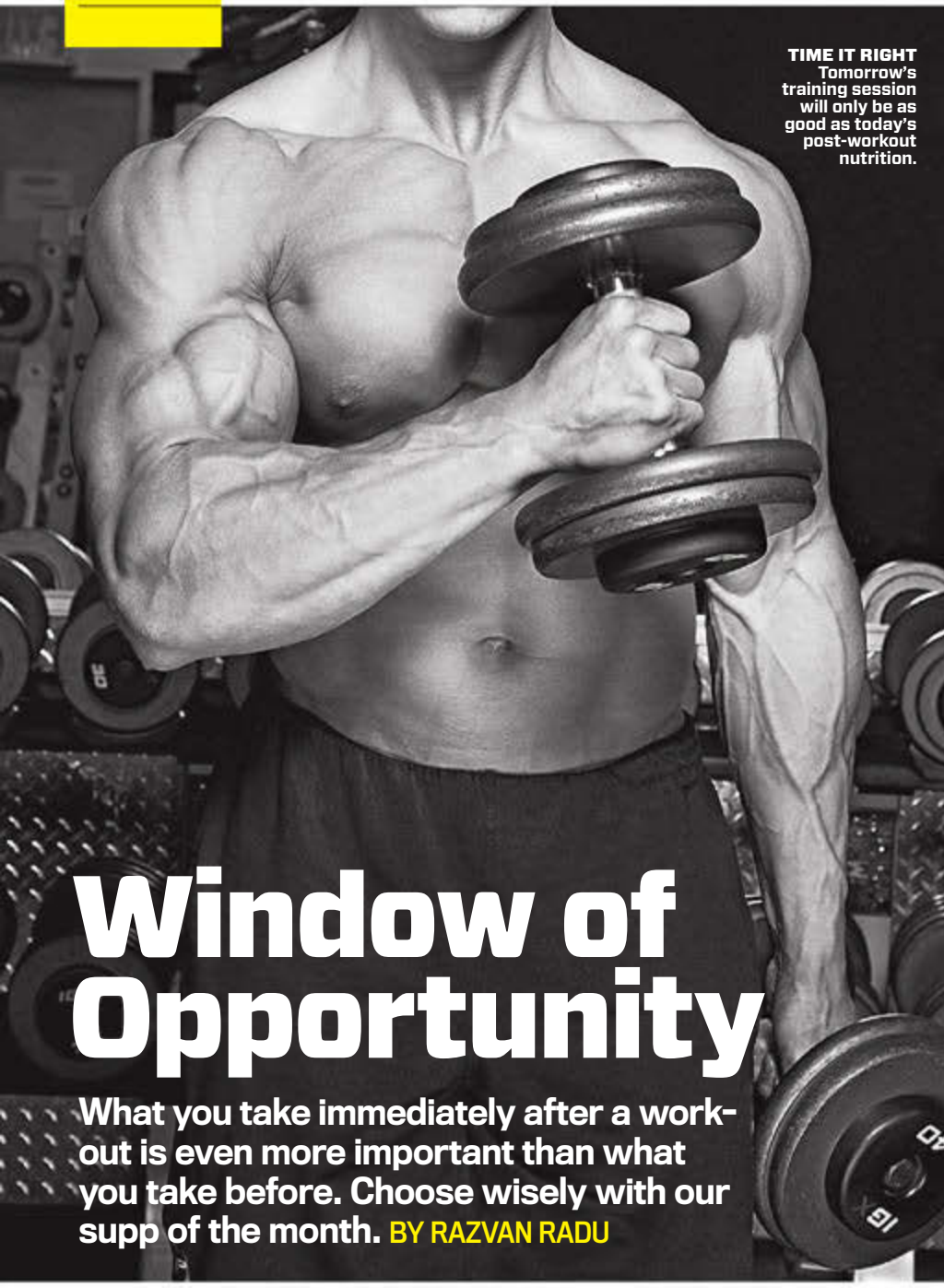
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TIME IT RIGHT Tomorrow's training session will only be as good as today's post-workout nutrition.

Window of Opportunity

What you take immediately after a workout is even more important than what you take before. Choose wisely with our supp of the month. BY RAZVAN RADU

YOU JUST FINISHED AN INTENSE lifting session. What's next? At this point, you have your macronutrients covered in your post-workout meal. But what should you take in between your workout and your meal? With your muscles becoming insulin sensitive—and depleted of nutrients—a post-workout supplement can be crucial for full recovery.

One of the most crucial supplements to take during the post-workout window is creatine, which your body exhausts during hard training in order to generate strength.

When you're done training, your muscle activity is significantly increased, making it the optimal time for you to replenish creatine stores to speed recovery. Ensuring that creatine enters the bloodstream and that the muscles have the capability to maximally absorb it are both crucial at this time.

After creatine, there are three important post-workout supps, listed at right.

THE BIG THREE

1 TAURINE: This amino acid draws water into muscles, having similar effects to creatine. In studies, taurine has also been proven to prevent muscle cramping through electrolyte regulation, increased force output, and dilation of blood vessels.

2 L-CARNITINE: Recent studies show that muscle tissue damage is reduced by 40% when supplementing with L-carnitine. This amino also acts as a fat burner, increasing the body's capabilities to convert stored fat into energy.

3 BETA-ALANINE: Another clinically proven amino acid, beta-alanine enters the blood stream and increases the body's levels of carnosine. Carnosine acts as a buffer to the acidity associated with muscle soreness. This allows for a speedy recovery, increased endurance and strength.

GET IT ALL



ALLMAX C:VOL POST-WORKOUT RECOVERY provides a blend of four creatine forms plus a clinically dosed strength matrix. This blend is composed of all the supplements listed above: 2.5g of taurine, 1g of L-carnitine, and 800mg of beta-alanine.

IAN SPANIER

A New Standard

JIM SMITH and **JOE DEFRANCO**'s CPPS certification could change the way we view a trainer's credentials.

BY MATT TUTHILL



YOU'VE PROBABLY REALIZED by this point that the letters after a trainer's name can't tell you everything you need to know. For every C.S.C.S. *D who trains pro athletes and is on the cutting edge of science, there seem to be many more bookworms with the same credentials who don't know a thing about writing a program for a real live person—and don't have any interest in training themselves.

I know this because I've been certified as both NASM-CPT and NSCA-C.S.C.S. These exams took a lot of time to prepare for, required me to learn a lot of scientific terminology, and yet I could have passed both by studying a textbook and never setting foot in a gym. Lest you think I'm trying to slam these organizations, both certifications served me well over the years and taught me a great deal.

With that said, I didn't know how much I didn't know until recently, when I attended a weekend seminar for a relatively new certification, CPPS, which stands for Certified Physical Preparation Specialist. Founded in 2011 by a pair of industry veterans with unimpeachable records, Joe DeFranco and Jim Smith, the CPPS aims to bridge the gap between book smarts and getting real-world results for guys like you and me.

"Joe D." and "Smitty" have a combined 40 years of training experience and have worked with countless pro athletes. Their YouTube channels and DVDs are go-to resources for personal trainers everywhere. They're both highly successful businessmen and gym owners, but







BRIDGING THE GAP A CPPS seminar blends equal parts classroom teaching and hands-on instruction. Candidates must learn the science of training and demonstrate coaching skills.



STAR PUPIL CrossFit star Christmas Abbott, flanked by CPPS co-founders Smitty (left) and DeFranco.

the creation of a new certification wasn't just a business move. Building a curriculum from scratch was a labor of love, and also a Herculean effort.

"Our goal was to add value and give coaches and lifters the confidence in our proven system to help their athletes and clients reach their strength goals safely and effectively," Smitty says.

In short, attending a CPPS weekend seminar puts you through somewhat of a grueling two-day crash course in anatomy and physiology, breathing and warmup techniques, squat, bench, and deadlift form, sprinting mechanics, and comprehensive programming methods. Attending the seminar makes you a coaching candidate, and within 14 days you must complete a written exam and submit video evidence of yourself coaching a client through a wide array of exercises, individualizing your coaching cues to his or her specific limitations. The seminar I attended at Great White CrossFit in Paramus, NJ, was sold out and attended mostly by working professionals: personal trainers, high school and college strength coaches, as well as CrossFit athlete Kenny Santucci and women's CrossFit superstar Christmas Abbott.

The consensus at the end of Day 2 was that everyone had acquired an incredible amount of information to apply to both their clients' programming and their own training. In terms of time required, it can't quite match the full year it took me to read the massive C.S.C.S. textbook from cover to cover, yet I can say with confidence that it's a more comprehensive vetting process for trainers and strength coaches than anything else I've seen.

To get ahead of some of the hate mail that could roll my way: I'm not saying that I now know more than anyone holding any other certificate. Letters of any kind don't give you a right to claim superiority over another trainer. Our group training director, Sean Hyson, C.S.C.S., has probably forgotten more about training than I know. Ditto our editor in chief, Shawn Perine. His certification lapsed years ago, but he lives and breathes health and fitness in a way unrivaled by anyone I've ever met. Hell, our executive editor, Arnold Schwarzenegger, doesn't have any training certifications and people still want his advice. I know. It's crazy, right?

So I'm not parading my shiny new letters around to say I'm better. What I'm saying is that spending a weekend with Joe D. and Smitty was the most valuable thing I've done for my own professional development. Concepts that I knew became ones that I finally understood and could apply appropriately. Specifically, overhauling my bench form is going to help me continue to make safe, long-term gains, and my warmups will never be the same.

> **"WHEN YOU THINK YOU'VE GOT IT ALL FIGURED OUT IS WHEN YOU REALLY START SCREWING UP."**

If you ever wanted to get certified, check out the next CPPS seminar. If you're already certified, it still behooves you to take a look.

Wherever you fall on the spectrum, please respect the fact that there's always more to learn. The only thing I know to be an absolute certainty is that once you think you've got it all figured out—in the gym or in life—that tends to be the moment you really start screwing things up.



MATT TUTHILL, CPPS, is the deputy editor of *Muscle & Fitness*. Follow him on Twitter: ***@MCTuthill.***

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Scary Strong

At age 50, Doyle Wolfgang von Frankenstein, former Misfits axeman and current frontman for the punk-metal band Doyle, is a monster onstage and in the gym. BY ZACK ZEIGLER



GO TO HELL
Set your taste buds ablaze with Doyle's all-natural Made in Hell Hot Sauce. Available at *doylesmadeinhell.com.*

***M&F:* Do you assume the role of security when a fan gets out of line while you're onstage performing?**
Doyle: Search for that on YouTube.

We'll take that as a yes.
When I have to be the fucking security it makes me 10 times angrier because then I gotta wreck someone, and I hate that.

What's your training regimen when you're on the road?
PowerBlocks [dumbbells] and an adjustable bench are the last things to be loaded on to the trailer and the first things to come out. I'll do crunches on the bus...and then I usually train one body part per day. I don't count reps because it makes me tired, and I don't go for one-rep-max bullshit because all it does is mess up your joints and ligaments. I go to failure on every set.

Since becoming a vegan last year have you had trouble maintaining strength or size?
No, but I have noticed a difference in my digestion and metabolism. Every time I eat I need to find a bathroom. I was vegetarian [before becoming a vegan], so I only needed to lose the whey protein. Vegan food is just real food, and it's the best fucking food you'll ever eat. That's what sold me.

The stereotype is that touring with a band is a nonstop party. That doesn't seem like your M.O.
I'm not really a partier. I don't get high, I don't get drunk, and I don't fuck with groupies. I can't stand them. I have a girlfriend. I want to perform at a top level. Touring is a hard fucking job. People who come to the show, that's their party. After playing a show I want to shower and go to bed.

Your girlfriend, Alissa White-Gluz, is the lead singer of another metal band, Arch Enemy, so she lives the same on-the-go lifestyle as you. Is her commitment to fitness as strong as yours?
Alissa's situps routine is murder, and it makes me cry. I hate it, and she just laughs at me. She's introduced me to a lot of movements. Before meeting her I'd never done a lunge.

JEREMY SAFFER

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